CAROLINE KING'S COOK BOOK

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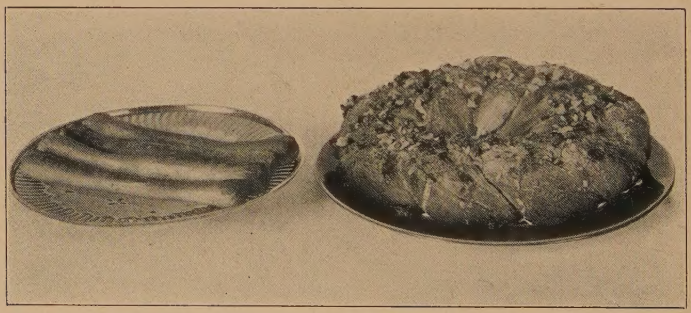
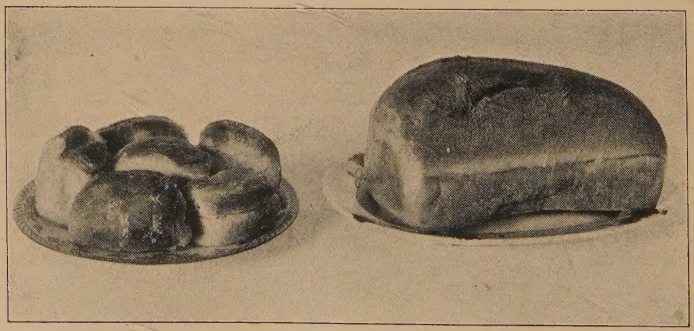
Cinnamon Buns French Brioche



Salad Sticks Swedish Coffee Braid



Parker House Rolls Wheat Bread

VARIOUS BREADS MADE UPON ONE FOUNDATION FORMULA
Frontispiece

CAROLINE KING'S

COOK BOOK

FOUNDATION PRINCIPLES OF
GOOD COOKERY, WITH RECIPES

BY

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INTRODUCTORY NOTE

COOKERY is just as much a science as arithmetic or geometry, and is based on foundations and controlled by principles quite as well defined, quite as fixed as those of any other science. There are certain basic rules which underlie the preparation of our foods just as there are basic rules forming the groundwork of all the sciences and arts, and when these are mastered, any dish or combination of food materials may be undertaken fearlessly and confidently.

When the inexperienced housewife opens a book on the subject of cookery, she is often appalled at the number of recipes which meet her gaze. Twenty-five to fifty pages are devoted to the making of bread, rolls, and other yeast-leavened products, and as many more to cake; pastry occupies another whole section; meats fill chapters; vegetables require interminable explanations, and so on throughout the whole gamut of food supplies, until in very weariness of spirit and confusion of her mental faculties she closes the book and regales her family with those trite but quickly prepared dishes whose prep-

aration require little thought, effort, or attention to detail.

Or, perhaps she has attended a school which includes domestic science in its curriculum, and has learned something of the chemical constituents of foods, the proteins, carbohydrates, and fats. She has hazy memories of lessons on balanced rations and calories, and so attempts to put to use what portion of this scientific knowledge she can recall. But the result is equally futile. With constantly advancing prices and incomes remaining stationary, it is a difficult matter to select foods which contain just the exact proportions of starches, sugar, fat, and protein required to form a perfectly balanced menu.

She therefore abandons the search, and purchases those food products which will supply the greatest amount of nutriment at the smallest possible outlay, and her menus begin to show a marked resemblance to each other. The family continues to eat the same boiled or baked or fried meats — the ones that are the easiest to prepare, the same cakes and puddings, salads and vegetables, until one meal so nearly resembles another that it is difficult to determine whether one is eating to-day's or last week's dinner.

The housewife would like very much to know how to make some of the good things enumerated in her cookery books, how to use some scientific knowledge regarding the selection and preparation of food prod-

ucts, but the complexity of the subject as it is presented to her, and a multiplicity of other duties awaiting her attention, discourage any attempt on her part to begin the study of the subject.

But if one will only go about the matter in the proper way, it is never too late to learn to cook. No one can hope to master all of the recipes in the thousand or more cookery books which are offered for sale, if one attempts to learn each one of them separately and distinctly, but if the foundation principles which govern all cookery are studied and thoroughly comprehended, any dish that one desires to make will become a matter quite easy to accomplish.

Cookery, exactly like geography or arithmetic or rhetoric, may be classified into a few general divisions. Each of these divisions may again be divided into subclasses, and for each of these subclasses there is a foundation recipe, or a general principle upon which every dish which belongs in that particular group is built.

Let us take the question of breads, for instance. The French rusks and buns and coffee cakes that look so tempting in the windows of the fancy bakery, with their shining brown surfaces half concealed by a clear sugar icing, or a sprinkling of nuts or fruit, are all formed upon the foundation recipe which any good housewife who can produce a loaf of sweet light bread has in her possession. The delicate soufflé, so airy and fluffy that it literally melts in your mouth, is but another variation of the white sauce with

which you dress your cauliflower for dinner. The delicious sauce ravigote which charms you with its daintiness at some fashionable cafe, is only a mayonnaise dressing in disguise; the rich and savory soup, clear and stimulating, is merely brown stock developed in a very simple manner.

And so one might continue throughout the entire list of edibles described in the cookery books. No matter how complex or elaborate they may sound, they are all as easy of comprehension as two times two, when the foundation principles and how to correctly apply them have been learned.

For the rules must be put into practical operation in order to obtain the desired results. Merely to know them will not enable one to become a master cook, but neither can one become a musician by simply mastering the names of the piano keys, though that knowledge must be gained before one is able to play the simplest composition.

Therefore, but comparatively few actual recipes will be found in the pages of this book. It is not the writer's intention to emulate the authors of other volumes on the subject of cookery, who have already supplied so many excellent collections of recipes. Instead, I hope to give you foundation formulæ and rules which will enable you to adapt any recipe that you may wish to use, or to go still further and invent distinctive dishes of your own. Originality is one of the most important adjuncts to good cookery and there is no reason why the house-

wife should not exercise or develop this faculty as well as an artist or an author.

With a simple and easily managed rule for a sauce or a salad dressing, the woman with a nice sense of fitness will be able to produce at short notice a dish that heretofore would have appeared to her only possible for a chef to have made.

Given one good, inexpensive cake formula and rules for adapting it, and the woman possessed of originality will turn out a dozen varieties of this popular sweet, each more delicious, light, and tender than the last.

And so on throughout the range of cookery. Everything is possible to the housewife who has been well grounded in the foundation and principles, and has also learned to use them correctly. The most elaborate dish, as will be shown in this volume, is often built upon the slenderest and simplest base.

It is my purpose, therefore, to supply a systematic knowledge of the manner in which foods are prepared for the table, rather than categorical information on the subject; to make this volume of practical worth to the woman whose duties are multifold, rather than a scientific analysis of food constituents and calorific values; to enable the housewife of little experience to learn the rudiments of cookery, and to build upon a solid and comprehensive foundation a firm understanding of the entire subject.

CAROLINE B. KING.

THROUGH the courtesy of the editors of *Good Housekeeping*, *The Country Gentleman*, *The Woman's Magazine*, and *The Ladies' Home Journal*, various recipes which have appeared in those magazines are republished in this volume.

CAROLINE B. KING.

GENERAL OUTLINE

PART I. FOOD PRODUCTS

Classified by Foundation Formulæ

- Flour Mixtures
  - Dough
  - Batter
  - Pastry
- Soups
  - Made with Meat
  - Made without Meat
- Sauces
  - Savory
    - White
    - Brown
    - Drawn Butter
  - Sweet
- Salad Dressings
  - Uncooked
  - Cooked
- Cake Icings
  - Uncooked
  - Cooked
- Omelets
  - Plain
  - French

Classified by Principle

- Meats
  - Tender, Fine-grained Meats
  - Tough, Coarse-grained, Juicy Meats
- Vegetables
  - Roots and Bulbs
  - Green
- Desserts
  - Cold
  - Hot

GENERAL OUTLINE

PART II. PROCESSES

- **Methods of Cookery**
  - Boiling
    - Simmering
    - Stewing
    - Braising
    - Steaming
  - Baking
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    - Broiling
    - Planking
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  - Frying
    - Sautéing
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    - Pan Broiling
  - Conservation of Fruits and Vegetables
- **Methods of Preparation of Food Materials**
  - Mixing
  - Rolling
  - Stirring
  - Beating
  - Kneading
  - Egging and Crumbing
  - Molding
  - Methods of Garnishing
    - With Pastry Bag
    - With Vegetables
    - With Fruits, Nuts, or Candies
    - With Flowers
    - With Paper Frills, Collars, Rosettes, etc.

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PART I

FOOD PRODUCTS

CAROLINE KING'S COOK BOOK

CHAPTER I

FLOUR AND YEAST MIXTURES

FOUNDATION — FLOUR, LIQUID, LEAVENING, SALT, SHORTENING

- Flour Mixtures (See General Outline)
  - Dough
    - Raised with Yeast
      - Bread
      - Rolls
      - Rusks
      - Coffee Cakes
      - Cinnamon Buns
      - Election Cakes
      - English Muffins
      - Brioche
    - Raised with Baking Powder or Soda
      - Biscuits
      - Dumplings
      - Shortcake
      - Cheese Puffs
      - Cookies
      - Doughnuts
      - Crullers
      - Scones
  - Batter
    - Thin
    - Thick
  - Pastry
    - Plain
    - Flaky
    - Puff
  - Chou Paste

Doughs

All flour mixtures, whether they form the plainest loaf of bread or the most elaborate and costly cake, or morsel of French pastry, have the same foundation. It is composed of four ingredients: flour, liquid, leavening, and shortening. These form the base of all products made of flour. In some cases the leavening is omitted, and again the shortening is eliminated, but these are the exceptions which prove the rule, so we may take it for granted when a loaf of bread or a pan of biscuits or a cake or pie is to be made that it will contain these four articles. It is the other ingredients which are combined with these four that determine to which class or type the finished product belongs, for all flour mixtures, whether simple or complex, belong to one of the following four types: Dough, Batter, Pastry, or Chou Paste.

In this classification, dough is of the first importance, for it is the foundation of every variety of bread, roll, rusk, biscuit, shortcake, cruller, or cookie that has yet been invented. Dough is the foundation of the plain, substantial wholesome loaf of wheat bread, as it is also the foundation of the luscious shortcake or the crumbly cruller.

Dough itself is again divided into sub-classes, and of these there are two, — those doughs which are leavened or raised with yeast, and those which depend upon the carbon dioxide supplied by baking

powder or soda for their lightness and delicate texture.

Yeast-raised dough may be plain or sweet, or it may be both, for from the plain dough which forms the loaf of good, light bread, or the pan of simple raised biscuits that almost every housewife is able to compose, any of the coffee cakes, cinnamon buns, French brioche, rusks, or delicious tea cakes that one can think of or desire may be evolved.

The foundation formula for baking-powder biscuits may also be developed into a number of other good things; dumplings, shortcake, scones, cheese puffs, cinnamon puffs, fruit rolls, and half a dozen more tempting and wholesome products are possible when one has learned to make a satisfactory biscuit dough.

Good bread dough may be made without salt, sugar, or shortening, but the addition of these ingredients insures a more palatable result. A loaf of bread composed of flour, water, and yeast, if it were carefully made and baked, would be light and crisp, but it would not appeal strongly to the palate. We have so accustomed ourselves to bread which is slightly sweet and salt, that those qualities are now a necessity to us, and, though but slightly apparent in the finished loaf, they would be greatly missed if not present.

The following formula will produce two loaves of sweet, wholesome bread:

Foundation Formula

1 cup milk
1 cup water
1 teaspoon salt
1 tablespoon shortening
5 cups flour
½ yeast cake
1 tablespoon sugar

Method of Preparation

Scald the milk and water together and add to the mixture a tablespoon of shortening, a tablespoon of sugar, and a teaspoon of salt; cool till lukewarm. Meantime, dissolve the yeast in four tablespoons of tepid water and sprinkle a very little sugar over it. The sugar is valuable, as it helps the yeast plant to grow. When the yeast has dissolved and the liquid becomes filled with little air bubbles, add it to the cooled milk and water mixture with two cups of sifted flour, and beat all vigorously. Now add more flour, beating constantly, until the mixture is stiff enough to be handled easily. Turn it out on a floured board and knead well for fifteen minutes or until the dough is soft and pliable and tiny air bubbles begin to appear during the kneading process.

Not all of the five cups of flour may be required in this work, or in the case of some varieties of flour, the process may require a little more than this amount. It is not possible to give the exact quantity, as flours vary greatly. Add flour gradually, however, to prevent too much being used.

When the kneading process is finished, make the dough into a large ball and place in a greased bowl.

Rub the surface with a little melted butter, lard, or other shortening and cover with a clean cloth. Stand in a moderately warm place away from all draughts, and allow the little yeast organisms to attend to their work of leavening the mass of dough.

In from four to five hours the ball of dough should have doubled its original size and have become light and spongy. If one is using a gas range, it is a very good plan to light the oven burners of the range for five minutes while kneading the dough, then to turn them off and place the bowl in the oven. It will be just warm enough to stimulate the yeast plant to growth and will keep the dough from draughts.

When the dough is light, it will be quite porous and spongy, and if pressed with the fingers will feel elastic. Now turn it out on the floured board again, and after rubbing the hands with a little lard to prevent the dough from sticking, knead it lightly, adding a little more flour if necessary. With a sharp knife, cut the dough into two sections and form into loaves, brush over with a little melted lard, using a small brush for the purpose; place in well-greased pans and stand in a warm place until light. In from thirty to forty minutes the loaves should be ready for the oven. Bread must be put in a hot oven to bake.

Made by this formula, two loaves will bake perfectly in forty minutes. The first ten minutes of this time they should merely rise and perhaps begin to show a little brown in spots; the second period

of ten minutes should see them becoming a delicate brown all over their surface and ceasing to rise, the third period they should finish browning, and during the fourth they should shrink slightly from the pans.

After the first ten minutes the oven heat should be decreased slightly, and as the baking continues it may be lessened still more. The reason for the hotter oven at first is that the growth of the yeast plant must be checked early in the baking, or the loaf will become too porous, and this can be accomplished only by a heat great enough to penetrate to the very center of the loaf.

When the baking is completed, the loaves will give forth a hollow sound when tapped, and will be uniformly brown all over their surface. For a rich, tender crust they should be rubbed with a little butter and allowed to cool without being wrapped or covered in any way. If whole-wheat or Graham bread is desired, substitute either of these flours for one half the quantity of white flour.

Bread making is a very simple process, and after it has been practiced a few times, and a perfect loaf is produced, the housewife may begin to experiment with the development of her foundation formula, for it is capable of many variations.

Suppose, for instance, a pan of light rolls for supper or breakfast is desired. Nothing could be more easy. Simply divide the bread dough, when it is ready for the second kneading, into two parts,

making one into a loaf, and reserving the other for the rolls. To the second portion add a tablespoon of melted butter, working it in very thoroughly. Make the dough into a loaf, place it in a greased bowl, and stand aside in a moderately warm place where it will rise very gradually. An hour before supper knead the dough again and cut into bits the size of walnuts. Make these into neat little biscuits and place close together in a well-greased pan. Stand in a warm sheltered spot and allow the rolls to become very light. Then bake in a hot oven for fifteen minutes. Rub lightly with butter when finished and serve immediately.

If the rolls are wanted for breakfast, keep the dough in a cool, but not a cold, place during the day, pushing it down with the tips of the fingers if it becomes light before it is required. Then, just before you retire, form it into rolls and brush over with melted butter. Stand in a cool place overnight and in the morning bake in a hot oven.

Parker House Rolls. With a few changes this same dough may be used in making Parker House rolls, bread sticks, salad rolls, and other breads which are unsweetened, or only slightly sweetened. To the dough as described for plain rolls, add two tablespoons of sugar, a second tablespoon of melted butter, and the well-beaten white of one egg. Knead well, and stand aside to become light and spongy. Then form into such shapes as are desired. The Parker House rolls are made by rolling the dough into a

sheet half an inch thick. Cut with a biscuit cutter, brush each disk with melted butter, and fold together, pressing slightly to keep in shape. Place the folded rolls close together in a well-greased pan, stand in a warm place to rise, then bake and finish as in the preceding rule.

Salad Rolls are merely very small biscuits cut from a sheet of dough prepared as for Parker House rolls, brushed over with butter, and when light baked in a hot oven. They are served warm or cold. For afternoon tea, picnics, or luncheons, they are split and spread with butter and marmalade or a meat filling, then put together once more.

Bread Sticks are made from strips of the dough cut and rolled between the palms of the hands till of the thickness of a lead pencil. The sticks are then set to rise and when light are baked in the usual manner.

Now let us see by what proceeding the foundation dough is transformed into coffee cake, cinnamon bun, election cake, brioche, and the other interesting and delicious breads which appear so tempting in the bake shop. The method is much the same, as you will discover. The foundation formula for bread dough is followed and is used all or in part for the fancy breads which have been selected for the experiment.

When the dough is ready for the second kneading, it is divided into two parts as before, one part to be reserved for the sweet rolls, cinnamon buns, or

whatever is to be made. To this portion is added half a cup of sugar, two tablespoons of melted butter, and one or two well-beaten eggs, also enough flour to make the dough of the proper consistency for kneading. If all of the dough is to be utilized in making the sweet bread, the amount of sugar and butter should be doubled, but one additional egg will be sufficient, or if a plainer rusk is wished, two eggs will be ample for their making.

After the sugar, butter, and eggs are well incorporated with the dough, it must be kneaded well, made into a loaf, turned into a greased bowl, and placed in a moderately warm spot to become light. Care should be taken not to add any more flour than is actually necessary for kneading, as the dough will not rise well if too compact, neither will the finished product be as light and tender as is desired. When the sweetened dough has doubled its bulk, make it into the desired form, set to rise once more, and then bake after the manner described for bread.

Swedish Coffee Braid is a very attractive bread. It is one of the many uses to which the sweetened and raised dough may be put. Divide the dough into three equal parts and roll these between the palms of the hands until they are about two inches thick and eighteen inches long. Place the strands together at one end, and plait them in a braid. Bring the two ends together, forming a circle, and press gently to hold them in place. Arrange the braid in a greased pan and stand in a warm place

to become very light. Just before baking, brush the dough with softened butter and sprinkle with cinnamon, granulated sugar, and chopped nuts, using about a tablespoon each of the sugar and nuts, with a teaspoon of cinnamon. When baked, the braid may be glazed with a tablespoon of sugar dissolved in two tablespoons of milk or thin cream, and a few more nuts may be sprinkled over the surface. Place the braid in the oven for a few moments to dry the glaze. A small paint brush is an excellent medium for applying the sugar and milk dressing.

Cinnamon Buns are very popular, but are not often made at home, most housewives being of the opinion that they are rather difficult to manage. By using the same sweetened dough as described in the previous paragraph, they are easily made. Roll the dough, when light enough for making into rolls, into a sheet half an inch thick. Brush it over with melted butter, and sprinkle with brown sugar, powdered cinnamon, and a few currants. Now roll up tightly as you would a piece of cloth, and with a sharp knife cut it in slices about an inch and a half thick. Place these slices upright in a greased pan and stand in a warm place to rise. When very light, bake as usual. The cinnamon rolls may also be glazed with the sugar and milk solution when taken from the oven. If a very sticky bun is desired, the pan, after being greased, may be sprinkled rather thickly with brown sugar. Care must be

taken in baking the buns, if this plan is followed, for the brown sugar will be very apt to burn. Keep the oven well under control at all times.

Rusks are simply little buns formed of the prepared dough made into small balls, raised, baked, and brushed with the glaze or with confectioner's icing, which is made by moistening fine confectioner's sugar with as much water as it will absorb, and still remain clear and transparent.

Brioche and Election Cake require a dough that is slightly richer than that described for the sweetened breads just given. An additional tablespoon each of butter and sugar and perhaps another egg, if eggs are plentiful, should be used in their making.

Brioche are the delicious little French Coffee Cakes which are often served with afternoon tea. Prepare the dough and allow it to become very light. Then roll in a thin sheet, spread very lightly with softened butter, and fold in three, pressing lightly with the rolling pin. Now cut in strips about an inch wide and four inches long. Take these strips between the thumb and forefinger of each hand and twist them gently in opposite directions. Then bring the ends together in a circle, press together, and place in a well-greased pan, about two inches from each other. Let rise, then bake a delicate brown. Brush over with confectioner's icing and dry in a cool oven.

Election Cake requires the addition of a cup of seeded and chopped raisins and half a cup of thinly

sliced citron or orange peel, with one fourth teaspoon each of ground cinnamon and mace. It is made into a loaf, allowed to rise for an hour or a little longer, then baked in a moderate oven from forty-five to sixty minutes, according to the size of the loaf. When finished, ice with the confectioner's icing and decorate with candied cherries, citron, or nuts.

Baba Cakes are made of the brioche dough and are usually served for dessert. The dough is made into balls and placed in deep muffin pans, then allowed to rise as usual. When baked, the cakes are taken from the pans and a portion of the center of each is removed. The cavity is filled with preserves and the cakes served with a sweet sauce.

Hot Cross Buns are also made of the brioche cake mixture. Simply add to the dough half a cup of chopped seeded raisins or cleaned currants, together with one fourth teaspoon of ground mace and cinnamon. Make into buns as usual, and stand in a warm place to rise. When light, clip a cross on each with a pair of shears, then bake, and when finished brush with the milk and sugar glaze. Fill the crosses with the confectioner's sugar icing and dry in a cool oven.

There are just a few simple rules to remember when making the bread dough itself, or any of its variations. The yeast must be dissolved in water that is neither too warm nor too cold, as the one will check its growth and the other will chill it; nor

must the dough be allowed to become either too warm or too cool, for the same reasons. A temperature of from 75° F. to 80° F. will produce the proper results.

When fancy breads are under way, the dough will require somewhat longer to become light than the foundation dough, owing to the fact that sugar, shortening, and other ingredients have been added to it. Also — and this is very important — no more flour than is necessary to permit one to handle the dough should be added to it, for a dough which is too stiff will not produce tender, light results. And be quite sure always that your dough is sufficiently light before putting it in the oven.

By following these few precautions the least experienced of housewives may attempt, and successfully, the making of any of the fancy tea cakes, buns, or nut breads that she desires. Remember the foundation formula does not change; it is only in the sweetening, shortening, and number of eggs that the recipes differ.

CHAPTER II

QUICK-RAISING DOUGHS

Dough Raised with Baking Powder or Soda

- Biscuits
- Dumplings
- Cheese Puffs
- Cinnamon Puffs
- Shortcakes
- Cookies
- Doughnuts
- Crullers
- Scones

There is another type of dough which is just as adaptable to variety as that raised with yeast, and as this is more convenient, — being quickly mixed, raised, and baked, — it is perhaps a more popular form than the first.

This second type, while containing the four ingredients which form the first, viz.: flour, liquid, shortening, and leavening, is raised with baking powder or soda. The former is used with sweet milk, the latter with buttermilk or sour milk. Both of these leavening agents act quickly, and products leavened by them are finished in a short period of time.

A foundation formula for this type of dough is also available, and is capable of many variations. In using sweet milk, the following formula is used:

Foundation Formula

2 cups flour
4 level teaspoons baking powder
½ teaspoon salt
2 rounding tablespoons shortening
1 cup milk or milk and water mixed

Method of Preparation

Sift together the flour, salt, and baking powder, then with the tips of the fingers rub in the shortening until the mixture resembles coarse meal. Now pour in the liquid, and with a spatula or broad-bladed knife make the mixture into a soft dough. Turn out on a floured board and knead very lightly for a moment. Remember heavy-handedness may ruin the dough, so touch it quickly and deftly as you work it into shape. The kneading should be more in the nature of patting or coaxing the dough than pounding or squeezing. Now roll the dough half an inch thick and cut it into rounds with a biscuit cutter. Dip a small paint brush into sweet milk and brush the biscuits lightly with it, then bake in a very hot oven for twelve to fifteen minutes.

If sour milk is used, the following formula will be used:

Foundation Formula

2 cups flour
1 teaspoon baking powder
¼ teaspoon soda
½ teaspoon salt
2 tablespoons shortening
1 cup sour or buttermilk

Method of Preparation

Sift the dry ingredients together, rub in the shortening, and proceed as in the preceding recipe. Never add the soda to the sour milk, as by such a process the carbon dioxide is released too soon and the biscuits will be less light. Do not use more than the amount given, or the dough will be speckled and dark colored. It will also taste unpleasantly of the soda.

Either of the above formulæ may be used in making any of the products which follow.

Emergency Biscuits are made by simply dropping the soft dough before kneading or rolling into greased muffin pans and baking it in a hot oven for ten to twelve minutes. This is a very quick and excellent breakfast bread, and it will make a satisfactory luncheon dessert served with maple syrup or marmalade.

Dumplings. Roll the dough between the palm into little balls about the size of walnuts, drop into boiling gravy or water. Cover closely and cook from ten to fifteen minutes. Serve with stews, fricassees, and other meat dishes. Dumplings may be steamed also. They should be placed on a greased

plate in a steamer, covered well, and steamed for twenty minutes.

Cheese Puffs. Roll the dough very thin, and sprinkle it with grated cheese and paprika, press lightly with the rolling pin, and fold so that the cheese is enveloped in the dough. Cut in strips an inch wide and four inches long and sprinkle a very little cheese and paprika on the surface. Place in a greased pan and bake till brown and puffy. Serve with salad or for luncheon.

Cinnamon Puffs. Roll the dough in a thin sheet, brush with melted butter, and sprinkle with sugar mixed with cinnamon. Roll up tightly and cut in inch lengths. Place in an upright position in a greased pan and bake in a hot oven.

Jelly Puffs. Substitute jelly or jam for the butter, cinnamon, and sugar in the puffs and proceed as before.

Nut Puffs. Make in the same manner, using chopped nuts and sugar in place of the jelly or jam.

Turnovers. Roll the dough very thin, and cut it in squares. Place a spoonful of jam on each square, wet the edges, and fold over diagonally. Press the edges together and brush over with milk. Bake in a hot oven.

Shortcake. Roll the dough about half an inch thick. Cut in two rounds to fit a pie pan and place one over the other, spreading the under layer with softened butter. Bake twenty minutes in a hot oven. Remove from the pans, split, and butter

well. Spread the lower layer with crushed strawberries which have been well sweetened. Place the second layer over the berries and cover it also with fruit. Top with whipped cream or serve with plain cream. Peaches, bananas, raspberries, oranges, or any preferred fruit may be used in place of the strawberries.

Nut Bread. To the soft dough before kneading or rolling, add half a cup of chopped nut meats, using walnuts, hickory nuts, peanuts, or any preferred nuts. Spread in a well-greased bread pan and bake in a moderate oven for thirty or forty minutes.

Nut Muffins. Bake the mixture as just described in hot gem or muffin pans for twenty minutes and serve immediately.

Meat Pies. Dough made by either of the foregoing formulæ will make an excellent crust for meat pies.

Fruit Roly-poly. Roll the dough about half an inch thick, spread with fresh sugared fruit, or with jam or preserves. Roll up tightly and press the ends together to prevent the fruit from escaping while the roly-poly is baking. Place in a greased pan, brush over with milk, and bake about half an hour in a moderately hot oven. Serve with cream or sweet sauce.

The roly-poly may be steamed or boiled if preferred; in this case it should be wrapped in a greased cloth, securely fastened, and placed in a kettle of

rapidly boiling water for forty-five minutes. If it is to be steamed, place in a tightly covered steamer over the boiling water for an hour and a quarter. The water must not be allowed to stop boiling for a moment in either process, or the pudding will be heavy.

Scones are a sweetened variation of the foundation formula. Three tablespoons of sugar are added to the dry ingredients, and one well-beaten egg is substituted for a portion of the milk. The manner of making the scones is the same as for biscuits, but they are usually cut in diamonds, brushed over with a little of the egg mixed with milk, then sprinkled with granulated sugar before they are baked.

Quickly raised dough is made in another form than that which has been described. This form is a sweet dough from which are made cookies, doughnuts, and crullers. Dough for these popular dainties, though made in much the same manner as that for biscuits and similar products, is somewhat richer and contains eggs and flavoring, besides sugar. The cookery books give a great many rules for the making of crullers and cookies, but one good foundation formula will serve every purpose in this as well as in other lines of cookery.

Foundation Formula for Crullers and Cookies

4 cups flour
4 teaspoons baking powder
½ teaspoon salt
¼ cup butter
1 cup sugar
2 eggs
1 cup milk
Flavoring

Method of Preparation

Mix and sift together the flour, salt, and baking powder. Rub the butter and sugar to a cream, and add the well-beaten eggs, then add alternately to the eggs and sugar the dry mixture and the milk. Flavor with one fourth teaspoon of grated nutmeg, mace, cinnamon, or half a teaspoon of vanilla or lemon extract. When the mixture is made into a compact mass, turn out on a floured board and pat into shape. Roll out half an inch thick and cut into rings. Let stand a few minutes to stiffen slightly, then drop into deep boiling fat. Cook to a golden brown, turn once, then lift out with a skimmer, and drain on paper. When cool, dredge with powdered sugar mixed with a little cinnamon.

For a richer **Cruller**, omit half the milk and use only enough flour to make dough of the proper consistency to roll.

Chocolate Doughnuts are made from this foundation formula by adding three tablespoons of unsweetened chocolate, melted over hot water, to the butter and sugar mixture; then add the egg, milk, and other ingredients as directed, and fry as usual.

Jam Crullers. Roll the dough thin and cut in rounds. Place a teaspoon of jam on each round, wet the edges, and place another round over it, press the edges together firmly and fry in deep, boiling fat.

Nut Crullers. After rolling the dough in a sheet,

sprinkle it with chopped nuts, and fold again. Roll once more and cut in rings, fry in hot fat, and when cool sprinkle with granulated sugar.

Cookies. Rich cookies are made from this same formula by omitting half the milk and adding only enough flour to enable you to roll the dough. A plainer cookie may be made by using the foundation recipe without changes. Roll the dough very thin, and cut in disks or in fancy shapes. For variety sprinkle the cookies with granulated sugar, chopped nuts, or chopped candied fruit. Roll slightly before baking. The cookies may be decorated by placing a cherry, raisin, or nut meat in the centers before baking.

Chocolate Cookies are made by omitting three or four spoonfuls of the flour from the foundation formula, and adding instead an equal amount of melted chocolate or cocoa.

Cocoanut Cookies. Add half a cup of freshly grated or desiccated cocoanut to the dough before all the flour has been added to it. Then make it just stiff enough to roll easily. Bake as usual.

BATTERS

- Batters
  - Thin
    - Waffles
    - Griddlecakes
    - Fritters
    - Pop-overs
  - Thick
    - Muffins
    - Gems
    - Cake
      - Made with Butter
      - Made without Butter

(Cake is further subdivided on page 34)

Batters, like the doughs, are cross-classified, and these subdivisions are again divided into various forms and types; but no matter how many nor how varied these are, the foundation for them is always the same. A batter is always a batter, whether it be thick or thin, baked on a griddle or in muffin pans, and made of flour alone, or mixed with rice or corn meal or some other product. The delicate angel cake and the crisp, substantial waffle belong to the same division in cookery, for all their dissimilarity.

The principles that underlie the making of one form of batter are the same basic principles which control them all, so when one has learned the foundation formula for each type of batter, the matter of suiting it to various purposes becomes very simple.

Batters are either thin or thick, according to the use to which they are to be put. Thin batters are used in making waffles, griddlecakes, and fritters; muffins, gems, and sweet cakes require a somewhat thicker, but by no means a stiff, batter. Some writers define these classes of batters as *pour* batters and *drop* batters, and these terms describe them very well.

The thin batter, such as is used in pancakes and waffles, might, with slight changes and additions, answer quite as well in making some of the products which require a thick or drop batter.

Gems and muffins are only another type of the same batter which is used for pancakes, waffles,

and fritters. It is merely made slightly thicker and baked in the oven instead of on a griddle or waffle iron.

When this fact is thoroughly understood, it will easily be seen that all that is required for making all of the hot cakes and breads I have just named is one satisfactory foundation formula. From her one good batter, the housewife may make any number of good things.

Let us take the waffle batter, for instance, for waffles require the very thinnest of pour batters. The foundation formula which I am giving will make waffles that will be most satisfactory:

Foundation Formula

1½ cups flour	2 cups milk
2½ teaspoons baking powder	2 eggs
½ teaspoon salt	1 tablespoon melted butter

Method of Preparation

The most simple and efficient way of putting a batter together is to mix and sift all of the dry ingredients first, then to mix the liquids, and finally to combine the two mixtures.

For a very light batter, the eggs should be beaten separately, the yolks mixed with the milk, and added to the dry ingredients, then the melted butter is beaten in, and lastly the stiffly whipped whites of the eggs are whipped in very lightly. If time is limited, the yolks and whites of the eggs may be

beaten together. The waffles will be just as rich and fine, if not quite so airy.

The waffle iron should be well heated and brushed on both sides with melted fat or vegetable oil. The latter will produce a deliciously crisp brown waffle that will never stick to the iron.

After preparing this batter several times, the housewife will have its proportions and the method of putting it together as firmly fixed in her mind as the alphabet, and will not find it necessary to consult her recipe book every time that she wishes to use this foundation formula.

If it is more convenient to use sour milk and soda, her formula is not materially different, as will be seen:

Formula

1½ cups flour	2 cups sour milk
½ teaspoon soda	2 eggs
1 teaspoon baking powder	1 tablespoon butter
½ teaspoon salt	

One fourth of a teaspoon of soda will neutralize the acidity in one cup of sour milk, therefore in any recipe of which sweet milk forms a part, sour milk may be used if one simply remembers to allow one fourth of a teaspoon of soda for each cup of sour milk and one teaspoon of baking powder to one or two cups of flour for additional lightness. Always, however, sift both baking powder and soda with the flour and then proceed as though the recipe had been left unchanged.

In making pancakes, the foundation formula will again be used, adding one tablespoon more of flour or one fourth of a cup less milk. A pancake batter must be a thin batter also, it must be understood, only not quite so thin a batter as that for waffles.

The pancake griddle, like the waffle iron, should be smoking hot and rubbed with fat or oil. The cakes should be placed on the griddle from the point of a large spoon, and should be baked quickly and turned but once.

Do not wash the griddle or the waffle iron after using, but rub them clean with a piece of soft paper, and place them on the back of the range or in the oven to dry. Scrubbing or washing them with soap or powder will cause the batter to stick each time they are used.

Rice, Hominy, or other left-over cereals may be added to this thin batter as one wishes. To the ingredients given, add one half a cup of cold cooked cereal mashed well and mixed with the batter until perfectly smooth.

Corn Meal may be used also; in this case omit half the quantity of flour designated and substitute the same quantity of corn meal. Scald the corn meal with a cup of boiling water before mixing it with the other ingredients, as corn meal must be well cooked to make it thoroughly digestible.

Entire wheat Flour or **Graham Flour** may be used in making the foundation formula also, though

it is well to use one half white flour with either of these coarser flours, in order that the batter may be smooth, and the waffles or cakes of good texture.

Bacon Griddlecakes are very good for a cool weather breakfast. To make them add one eighth of a pound of sliced bacon, cut in dice and crisply fried, to the foundation formula. Omit the butter and add a tablespoon of the bacon fat in its stead.

Fritters are always popular and form an excellent way of using many a bit of left-over fruit or vegetable, or pieces of meat too small to be of use in any other way. The same foundation formula, made as for pancakes, will be quite the thing for fritters, and if you wish to make them slightly sweet, you will add a tablespoon of powdered or granulated sugar to the batter. Pineapple, peaches, apples, oranges, or any of the larger fruits make excellent fritters. They should be cut in pieces of a convenient size and stirred into the batter; a cup and a half of fruit to the foundation batter formula will be sufficient. Drop the batter by spoonfuls into deep boiling fat and cook about five minutes, or until the fritters are thoroughly done in the center. Then skim out and drain on soft paper, sprinkle with powdered sugar, and serve with or without sauce. Honey or maple syrup is excellent with apple fritters. Pudding sauces of various kinds are served with other fruit fritters. Strawberries, cherries, or other small fruits are dropped into the batter

whole, and cooked in the same way as in making fritters of larger fruits.

Corn, peas, asparagus, or any left-over vegetable may be put to use in the same way, leaving the batter unsweetened, of course; cauliflower, parsnips, and oyster plant make very fine fritters and are often served with tomato sauce. Cheese fritters are made by adding half a cup of cheese, grated or cut in very small pieces, to the batter, then proceeding as in making fruit fritters. Oysters, clams, and left-over fish are also used in making them. If fresh oysters or clams are to be used, they should be chopped slightly before being added to the batter. Should a few slices of cold meat remain from dinner, transform them into a delectable luncheon dish by chopping coarsely and adding them to the fritter batter. Fry as usual and serve with tomato catsup or chili sauce.

Fritters are very good and economical as a luncheon dish, as they afford an excellent and appetizing way in which many a remnant of food may be put to use, and if waffles or griddle cakes have formed a breakfast dish, and some of the batter remains when the meal is finished, a double economy is possible.

Pop-overs, while belonging to the thin batter class, form one of those exceptions to the general rule of which I spoke in the first chapter. They contain but two of the four ingredients which form the foundation formula, viz.: flour and liquid.

The formula for pop-overs is as follows:

Foundation Formula

1 cup flour — 1 scant cup milk
¼ teaspoon salt — 2 eggs
½ teaspoon melted butter

Method of Preparation

Sift together the flour and the salt, beat the eggs without separating them, and add the milk; then combine the mixtures, and beat very hard with an egg beater for two minutes. Pour into hot greased gem pans (iron or earthenware if possible) and bake in a moderate oven for half an hour. The baking must be slow or the pop-overs will not rise to their fullest extent. When finished, they should be hollow.

Pop-overs may be served with hard sauce as a pudding, with maple syrup or honey for breakfast, luncheon, or Sunday evening supper, or they may be served with marmalade for afternoon tea. If they are well made and baked, they will be welcome upon any occasion.

This same recipe will be used in making Yorkshire pudding for serving with roast beef, or for a baked batter pudding to be served as a dessert with any desired pudding sauce.

When muffins or gems are to be made, we leave the thin or pour batter for the thick or drop batter, though the same foundation formula may be used, if it is thickened slightly with flour; with each half cup of flour an additional half teaspoon of baking

powder must also be used, and if the muffins are desired slightly sweet, sugar must also be introduced into the recipe. Therefore, although an experienced cook will very easily transfer the waffle batter into one suitable for muffins, it may perhaps be a wiser plan to adopt an entirely new foundation formula for muffins and gems.

Foundation Formula for Muffins

2 cups flour
3½ teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1½ cups milk
2 tablespoons melted butter
2 eggs

Method of Preparation

Mix this batter in the same method as directed in making the thin batter, mixing and sifting all of the dry ingredients together, then the liquid, and finally combining the two mixtures. Bake in well-greased muffin pans for twenty-five minutes.

If gems are desired, use the same batter, baking it in hot greased iron gem pans.

This thick batter is capable of much variation. It may be transformed into almost any kind of muffin or gem that one desires.

Entire-wheat Muffins are made by substituting entire-wheat flour for the white flour.

Graham Muffins. Substitute one cup of graham flour for one cup of white flour, then proceed as in the foundation formula.

Berry Muffins. Add a cup of blueberries or blackberries, — washed, drained, and dredged with flour, — to the batter just before placing it in the pans.

Rice Muffins. Add one half a cup of cold boiled rice, mashed and mixed with the egg, to the foundation recipe. Hominy muffins are made in the same way.

Oatmeal Muffins. Proceed as in the rice muffins, substituting cooked oatmeal for the rice.

Rye Muffins. Use one half rye and one half wheat flour, and add also two tablespoons of molasses to the foundation recipe.

Corn-meal Muffins. Use one cup of corn meal and one of white flour in making the batter, otherwise the foundation formula is unchanged.

Fruit Muffins. Add one fourth of a cup of chopped raisins or cleaned currants to the foundation formula; bake in muffin pans as usual.

Figs or dates, well chopped, may also be added to the thick batter. Chopped nuts of any kind added to the entire-wheat or graham muffins make them very tempting and wholesome. Remember when adding fresh fruits to the batter to have them as dry as possible and merely to fold them into it, in order to avoid breaking them, as the juices would mingle with the batter and make it too thin for good results.

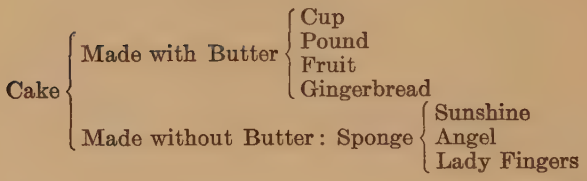
Bacon Muffins make a very tempting breakfast dish. The bacon is cut in dice and fried, then added

to the batter, to which may be substituted the bacon fat for the usual amount of butter.

Sour milk may be substituted for sweet milk in any of the foregoing muffins by following the rule for the use of sour milk given in connection with the thin batter on page 26.

CHAPTER III

CAKE MIXTURES



When we begin the subject of cake making, we are very apt to think that we have reached a department of cookery which is extremely difficult and complicated, one that will require long study and experiment before we can hope to master it in all of its branches, and which will be constantly unfolding before our eyes, disclosing new intricacies and complications. But the making of a cake is really no more difficult than the mixing of the breakfast muffins. Indeed, cake itself is only another and more delicate form of the thick batter, and is no more involved an undertaking when it is once comprehended.

There are but two forms of cake, those which contain butter or other shortening, and those in which butter is omitted. Each variety has its particular manner of being assembled, and each

is made from a foundation recipe in which the principal articles which form the base of all flour mixtures play a prominent part. Eggs and sugar are added in every instance, and in the butterless cakes the shortening is omitted, but the finished product is none the less a type of flour mixture whose likeness to the other forms is easily recognizable.

The butter cakes include the simple cup cake, the rich, delicate pound cake, the spicy and pungent fruit cake, and the wholesome gingerbreads. Sponge cakes, as we usually designate those cakes which are made without butter or shortening, include the golden sunshine cake and airy angel cake.

All of the cakes that one can name belong to one or the other of these classes or types. Therefore, it will not be difficult to understand that when the simplest recipe of a class has been learned, it will be a very easy task to master the secrets of any of the others in that class.

As the butter cakes are more widely made than the sponge cakes, let us study that subject first. Seven ingredients are required in making a cake of this type, and a great deal of doubt and confusion may be spared the housewife if, before beginning her cake making, she will gather all of these seven articles together and place them conveniently near her. These articles are *butter*, *sugar*, *eggs*, *milk*, *flour*, *baking powder*, and *flavoring*. When these are collected, the cake pans should be prepared. Grease them lightly but sufficiently with softened

butter, using a small paint brush for the purpose. Then sprinkle the bottoms and sides of the pans with a little flour, turn them over, and strike them sharply in order that most of the flour may be shaken out, leaving but a light film in the pan. This method will insure a smooth surface for icing the cake. If preferred, the pans may be lined with paper. If this is done, the paper should be greased as well as the pans.

The method of mixing a butter cake is always the same, whether the cake be plain or rich. Rinse a mixing bowl with hot water, then wipe it dry. Measure the butter and place it in the bowl. Whip the eggs, sift the flour with the baking powder, and measure the sugar. Now cream the butter with a wooden spoon; when it is very soft, add the sugar gradually, and continue the creaming process. When the mixture resembles whipped cream, the egg yolks, beaten to a light froth, are added; then the milk is poured into the bowl in which the eggs were beaten, and stirred about a little to rinse the particles of egg from it. Now add the milk and flour, sifted with the baking powder, alternately to the cake batter and beat it vigorously. Flavor as desired, and fold in the stiffly beaten white of the eggs. The more the cake is beaten before the egg whites are added, the finer and the more delicate will be its texture.

If a white cake is desired, that is, a cake which contains no egg yolks, proceed in exactly the same

manner as directed, folding in the whites of the eggs at the last moment before baking.

One point about the addition of eggs to a cake or other batter it might be well to note. Almost all recipes will direct you to beat the yolks and whites of the eggs separately, and this method is correct if you desire a very light, fluffy cake that is to be eaten the same day it is made. For a richer, but not quite so light a cake, beat the yolks and whites together until they are light colored and thick. This process will produce a cake that will keep moist and in good condition for several days. Should you, however, desire a very rich cake, and are not particular about its being extremely light, drop the eggs into the batter, one by one, without beating them at all. Then beat the batter strenuously. The cake will be fine grained and delicious, if not so feathery and light as when either of the other methods are followed.

As in the other batters I have enumerated, the foundation cake formula may be changed and enriched to suit the demand.

Foundation Formula for Simple Butter Cake

1 tablespoon butter
1 cup sugar
2 eggs
1½ cups flour
2 level teaspoons baking powder
½ cup milk
Flavoring

This cake may be flavored with a grating of nutmeg and a little lemon rind and baked in a loaf, or

it may be flavored with almond or vanilla extract, or with grated orange peel.

It may be baked in layers and put together with any one of a dozen delicious fillings or icings; it may be baked in patty pans and iced, or simply sprinkled with sugar just before baking. Or it may be baked in a shallow pan and cut in fancy shapes with a small cutter, and iced and decorated in any way that is desirable. Small cakes of this kind are very tempting when ornamented with candied cherries cut in halves, angelica, violets, or nuts.

Fruit Cake. By the simple addition of a cup of chopped raisins, half a cup each of currants and candied peel thinly sliced and cut into tiny bits, and flavored with cinnamon and nutmeg, a very good fruit cake may be made.

Nut Cake. A cup of chopped nut meats will transform the plain cake into a rich nut loaf.

Chocolate Loaf or Devil's Food. Omit two tablespoons of flour and substitute the same amount of melted chocolate with a pinch of cinnamon for a chocolate loaf cake or devil's food.

Sweet Strawberry Shortcake. If a sweet strawberry shortcake is desired, make the foundation recipe, bake it in two layers, cool slightly, and put together with crushed and sweetened berries. Raspberries, peaches, bananas, or oranges may be used in the same way. Indeed, almost any cake that one desires may be made from the simple foundation formula.

Richer cakes are made in the same manner. The method is always the same in making butter cakes, whether one uses half a cup or a pound of butter, one or a dozen eggs.

A word as to the baking of cakes, for many a good loaf has been ruined after it has reached the oven. Remember, the temperature of the oven should be low at first, gradually increasing as the baking proceeds. Divide the baking of cakes into three periods, as directed in the chapter on bread baking, then there will be little danger of scorching them. When a cake is not sufficiently baked, it will give forth a faint surging or hissing when held to the ear. When completely baked, no sound will be heard.

The following foundation recipe for a rich white cake may be varied in the same way as the plainer cake which has just been described.

Foundation Formula for White Cake

½ cup butter
1½ cups sugar
Whites of 5 eggs
2 cups flour
¾ cup milk
2 teaspoons baking powder
¼ teaspoon almond extract

Pound Cake Formula

Here is a foundation formula for a simple pound cake, which may also be varied as one desires:

½ cup butter
1 cup sugar
2 cups flour, sifted twice
Pinch mace
4 eggs
Grated rind of ½ lemon
¼ teaspoon baking powder

By adding a cup each of raisins, currants, and thinly sliced citron, and half a teaspoon each of mace, cinnamon, and nutmeg, a very good and rich fruit cake may be made from this foundation formula.

Gingerbread is a form of thick batter which some authorities would perhaps hesitate to place in the same category with cakes, but properly made, it is a product fine enough to rank with the finest of this variety of flour mixtures. Gingerbread is more often made with sour milk or buttermilk than with sweet milk, the reason for this being that it contains molasses, which is also an acid requiring soda as a neutralizing agent; therefore, it is better to use sour milk than sweet, as the lactic acid in it makes a more satisfactory combination with soda.

Foundation Formula for Gingerbread

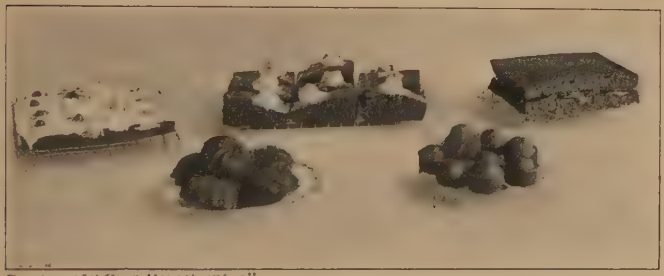
¾ cup shortening
1 cup molasses
1 cup sugar
1 tablespoon ground ginger
1 teaspoon cinnamon
1 teaspoon soda
1 cup sour or buttermilk
2 eggs
4 cups flour

Method of Preparation

Place the molasses, shortening, sugar, ginger, and cinnamon in a bowl and stand in a warm place until the shortening melts. Then beat to a cream. Sift the flour with the soda, and beat the eggs without separating them. Add the sour milk and eggs to the molasses and sugar mixture, then gradually beat in the flour and soda. Beat very hard for

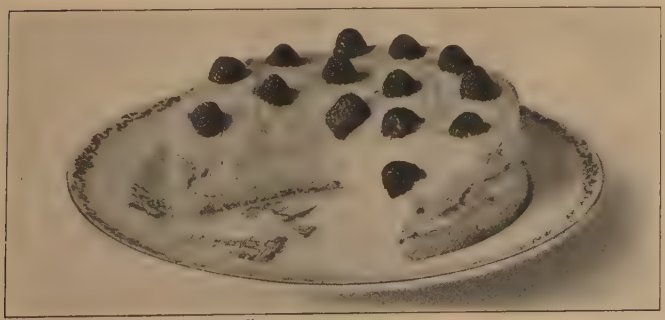
Courtesy of "Good Housekeeping"

MIXING THE CAKE BATTER



Courtesy of "Good Housekeeping"

MARSHMALLOW GINGERBREAD AND CUP CAKES



Courtesy of "Good Housekeeping"

STRAWBERRY MERINGUE CAKE

from five to seven minutes. Then pour the mixture into a shallow pan that has been well greased and bake in a moderate oven for from forty to fifty minutes.

This formula may be varied in many ways. It is very good as it is, without embellishment; it may be baked in patty pans, each cake being sprinkled with granulated sugar before being placed in the oven. When the cakes are done, place the pan containing them at the top of a very hot oven for a few moments to glaze the sugar.

Marshmallow Gingerbread. Bake the gingerbread in a shallow pan, and when finished, arrange halved marshmallows over the surface in neat rows, replace in the oven until the marshmallows begin to puff up, and brown slightly. When serving, cut the cake so that a marshmallow is in the center of each piece.

Nut Gingerbread. Add a cup of chopped nut meats (walnuts preferred, though any sort will answer) to the gingerbread batter, then bake as usual.

Fruit Gingerbread. To the batter add a cup of seeded and chopped raisins, or a cup of citron thinly sliced and cut in small pieces.

Cheese Gingerbread. Half a cup of grated cheese added to the gingerbread batter will make a pleasant and appetizing luncheon dish.

Layer Gingerbread. Bake the gingerbread in three layers, and put together with any preferred icing.

Chocolate Gingerbread. Add two ounces of chocolate, melted over hot water, to the gingerbread batter and when baked ice with a chocolate icing.

Apple Gingerbread. After the gingerbread has been baking long enough to set, draw it to the front of the oven and arrange slices of pared apples over the surface, sprinkle with sugar and cinnamon, and finish baking.

Gingerbread Pudding. Serve the gingerbread hot for dessert, with a lemon or other sauce.

Sponge or butterless cakes, as explained previously, include both the angel and the sunshine cake, the jelly roll, and various little patty cakes which are very good and always liked.

The following foundation formula for a plain, easily made sponge cake will be found very satisfactory:

Foundation Formula for Sponge Cake

3 eggs
1 cup granulated sugar
4 tablespoons water
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
Flavoring

Method of Preparation

Beat the eggs without separating till light and creamy, add the sugar, and beat again till thick and very light colored. This will require at least five minutes of beating. Now add the water, beat again, and lastly the flour sifted with the baking

powder and salt. Beat hard for several minutes, flavor with half a teaspoon of vanilla or other extract. Pour into the prepared pans and bake for from thirty to forty minutes in a very moderate oven. Bake this cake in layers, loaf, or in patty pans, and ice or decorate it as preferred.

Jelly Roll. Bake the sponge cake in a long, shallow pan, turn out on a clean piece of white paper that has been sprinkled with powdered sugar, and trim the crusts from the outer edges. Spread with softened jelly or other filling and roll up quickly while the cake is still warm. Wrap a cloth about the cake, and do not remove until it has cooled, then sift powdered sugar over the cake.

Cocoa Sponge Cake. Omit two tablespoons of flour when making the foundation formula and substitute two tablespoons of cocoa. Proceed as in making the sponge cake.

White Sponge Cake or **Angel Cake** is regarded as a difficult cake to make, but on the contrary it is an exceedingly simple one. The only precaution which must be rigidly heeded is to see that the whites of the eggs are beaten to a stiff dry froth before other ingredients are added. If this is not properly done, the cake will be tough and leathery.

Foundation Formula for White Sponge Cake

Whites of 5 eggs
½ teaspoon cream of tartar
¾ cup granulated sugar
½ cup flour
Flavoring

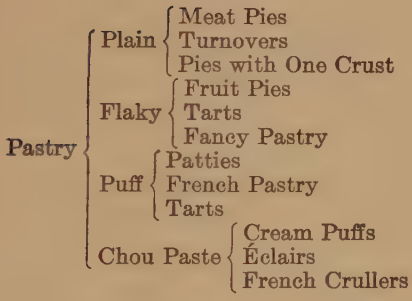
Method of Preparation

Beat the whites of eggs to a foam, then add the cream of tartar, and continue beating till they are stiff and dry. Beat the sugar in gradually, and add the flavoring, half a teaspoon of vanilla or rose, or one fourth teaspoon of almond. Sift the flour three times, and fold it in lightly. Bake in a loaf, in layers, or patty pans. Ice or put together with any preferred icing or filling.

With these few simple foundation formulæ, one may make an almost endless variety of delicate or rich cakes. The housewife who keeps on hand a small stock of candied fruits, nuts, and other dainties will be able to make a tempting and handsome cake in short order. A package of good desiccated cocoanut, half a pound of chocolate, a few candied cherries, some stalks of angelica, and several varieties of shelled nuts will afford infinite change, no matter if the foundation formula be used on every occasion. The icings, too, may be changed in innumerable ways, but of these I will speak later.

CHAPTER IV

PASTRY



Pie is perhaps the most popular dessert in America, and yet but a small proportion of housewives are able to make a crust that is rich and tender, light and digestible. In their very efforts to produce good results, they defeat their own ends, and the pastry which should be handled as lightly as a flower is worked and kneaded until it is hard, rubbery, and tough.

The inexperienced housekeeper always feels that she must make a pie as soon as she begins her cookery experiments, and too often her first pie is apt to be her last, for pastry, while one of the most fascinating, is also one of the most trying and discouraging of problems, and unless one has a satisfactory formula

for its manufacture and a light deft touch, one is very likely to give up in despair after the first attempt at pastry making.

But even the difficulties that attend pie making disappear when one is shown the pitfalls and how to avoid them, and success will attend even the least experienced housewife who will follow closely the simple rules which I shall give her.

Pastry is divided into three distinct classes: first, we have the plain but good pastry which is used for meat pies, the crust of custard and other open pies, turnovers, and simple desserts.

The second division is the flaky pastry, and this is but a development of the plain pastry, so that when one has learned to make the first successfully, it is only a step and a short one to the second variety, which is used in fruit and other pies, tarts, and some fancy pastries.

Puff paste is not a development of the other kinds, but is a distinct type in itself. It is used in making little French pastries and desserts, patty cases, cheese straws, Napoleons, and various other sweets.

Chou paste occupies a peculiar position in regard to the other pastries. It is in fact neither a paste, nor yet a cake, but partakes of the nature of both; it is generally regarded as belonging to the pastry class, however, so we will consider it here. Chou paste is used in making cream puffs, éclairs, cheese puffs, French crullers, and a number of other dainty little cakes.

Plain pastry is not difficult to make, although I have told you that pitfalls attend its undertaking. A few general rules which apply equally to both the flaky and the puff pastry should be observed, and when these are well learned, the mysteries which surround pastry making will have disappeared.

All of the ingredients and utensils to be used in making the pastry should be quite cold. The work should be quickly and deftly done, the paste handled as delicately and as little as possible. Pastry must be baked in a hot oven, with the greatest heat below; then it will be light and digestible. If allowed to stand for some time in an oven only moderately warm, it will be greasy and hard to digest.

Given these three simple rules, no one should experience any trouble in producing a good pie. There is no mystery, no magic possessed only by the fortunate few, in pastry making. It is all clear and comprehensive, and any one who is even ordinarily careful should be successful even at the first attempt.

Foundation Formula for Plain Pastry

1¼ cups flour
¼ teaspoon baking powder
½ teaspoon salt
¼ cup shortening
4 tablespoons cold water

Method of Preparation

Sift together the flour, salt, and baking powder, and with the tips of the fingers rub in the shortening (lard or any of the commercial fats will answer).

When the mixture resembles coarse meal, add the cold water, and with a spatula toss the ingredients about until a mass is formed. Gather in all the particles that adhere to the sides of the bowl and turn out on a floured board. Rub the rolling pin lightly with flour and roll the paste one fourth of an inch thick. It is now ready to make into whatever form of pastry is desired. Meat pie is made by placing a strip of the pastry about the inside rim of a deep dish. Fill with the meat mixture and place a cover of the pastry, in which a few slits have been cut to allow the steam to escape, over it. Pinch about the edges firmly and neatly to hold the juices of the meat, and bake in a hot oven until the pastry is well done, and of a rich brown.

In making a shell for a one-crust pie, grease the outside of a deep pie pan, place the pastry on it, and pinch about the edges to make a deep border. Prick the pastry in several places with a small fork, and bake in a hot oven. In ten minutes it will have reached a golden tint and should be carefully watched until it is ready to be taken from the oven. When done, remove the tin from the pie crust and arrange the filling in the shell. Custard, cocoanut, pumpkin, lemon meringue, and in fact any pie that is to be made with one crust may have such a shell as I have just described for its foundation. This is always the best way if possible, as the pastry is more digestible when baked alone, and afterward filled with the desired fruit or mixture.

Turnovers are made by rolling the pastry one eighth of an inch thick and cutting it in four-inch squares. Then place a spoonful of jam, jelly, or fruit in the center of each, and fold over to make a three-cornered cake. Pinch all about the edges, first wetting the pastry to make it adhere well. Bake the turnovers in a hot oven.

The plain pastry which I have just described is quite as good as most persons will desire, but it may be transformed into a flaky and much crisper pastry in short order. Make the pastry after the foundation formula as directed and roll out in a rectangular sheet, about one fourth of an inch thick. Then cut two tablespoons of cold, firm butter into minute pieces and scatter these over the central portion of the paste. Then fold the two ends over and press the edges close together. Now roll the pastry again into a rectangular sheet. Scatter once more with butter and fold. Now you have a square of pastry on the board consisting of several layers, with bits of butter between them. Roll this to a thin sheet, flouring the rolling pin slightly, then fold the pastry and roll again, turning the pastry half way round at each rolling. It is quite ready now to be made into whatever form you have decided upon, but it will be so much more delicate and flaky for a sojourn in the refrigerator for an hour or two, that I always advise chilling it before using, if possible.

From this pastry you may make delicious fruit

pies, rich crusts for open pies or tarts, and any of the little French pastries that you fancy.

Fruit Pies are made by lining a greased pie plate with a layer of the pastry, taking care not to touch it with the hands any more than is necessary. Rolling it does no harm, as the dough is not made warm by contact with the rolling pin, but the hands, and especially heavy hands, are fatal to it. When the pan is lined with the paste, sprinkle a scant tablespoon of flour over the bottom crust, then put in the fruit, sliced apples, rhubarb cut in inch pieces, berries, stewed fruit, as you desire. Sweeten to taste, adding about a teaspoon of flour to the sugar. Dot the fruit with small particles of butter. Then arrange the top crust, having first wet the edge of the lower crust with cold water all around. Cut slits in the top crust to allow the steam to escape, then pinch the edges of the pie together well, and bake in a moderately hot oven for from forty to fifty minutes.

All fruit pies with two crusts are made in the same way. They vary only in the amount of sugar required and in the flavoring, for some housewives like to sprinkle an apple pie with cinnamon or nutmeg, and other fruit pies with various other spices. As a rule, I should not advise the use of spices in fruit pies; let the flavor of the fruit suffice, and reserve the spices for other dishes which require them.

Napoleons are strips of pastry baked in a hot oven and put together when finished with jam or

cream filling, and iced with confectioner's icing. Sometimes a few chopped nuts are sprinkled over the cakes when they are finished.

Cherry Cakes. Cut the flaky pastry in small scalloped circles, brush over with a little beaten egg and milk, press half a candied cherry in the center of each cake, and dredge it with powdered sugar. Bake about ten minutes.

Tarts are made by cutting several rounds of pastry, and with a smaller cutter making a hole in the centers of two thirds of the disks. Then pile the circles, dampening each on the under side to make them stick together, on rounds of the pastry, and brush over with a little egg and milk. Bake till done, then fill the cavities with jelly or jam.

Swedish Tartlets. Cut the pastry into squares and turn the corners to the centers, pressing them gently to make them stick; bake in a hot oven and when finished place a dot of jelly or jam in the center of each tartlet.

Puff Pastry. Puff paste is more expensive than either the plain or the flaky pastry; it is also more difficult to make, but it is made on much the same principle, and when one has acquired the knack of making the simpler forms, it should not be a very complicated matter to make good puff pastry also.

Foundation Formula for Puff Paste

2 cups flour
1 cup butter
Pinch of salt
Ice water

Method of Preparation

Place the flour, sifted with one fourth teaspoon of salt, into a chopping bowl, and chop together with the butter until the mixture has formed little balls about as large as peas. Make a hole in the center and pour in a scant half cup of ice water. Then, with as little handling as possible, make into a fine dough. If a few bits of butter fall from it, it does not matter as they will roll in smoothly later. Roll out half an inch thick, taking care to do this work in as cool a place as possible, and keeping the dough very cold, as well. Touch the pastry lightly, and work as swiftly as possible; otherwise, the butter will soften, and the paste become tough. Fold and roll three times, dredging a little flour over the pastry to prevent sticking. Finally fold it again and place it on a pie tin in the refrigerator.

When ready to use, — and remember it is imperative that the pastry should be allowed to become thoroughly chilled, — roll it one third of an inch thick, working as swiftly and deftly as before. Do not touch the pastry about the edges when making into pies, patty cases, or other forms, as the outer edge must be allowed to rise to its fullest extent when baked, and it cannot do this if it is pressed or handled.

Puff pastry must be baked in a hot oven. It is well, however, to chill the pie, patty, or French pastry after it has been placed on the pan to bake,

and then bake it in a high temperature. The object is to have the pastry so cold and the oven so hot that it is baked before the bits of butter in it have an opportunity to melt. When properly made, the paste will rise nearly an inch in height during the baking. When broken, the separate flakes will be quite distinct. Puff pastry is useful in making fine desserts, patty cases for holding creamed oysters, sweetbreads, or fish, preserves, or fresh fruit.

Small patty pans, inverted and covered with the pastry, then pricked and baked quickly, make delicious desserts when filled with fresh or preserved fruit and topped with whipped cream.

Napoleons, Swedish tartlets, tarts, turnovers, and other delicate sweets are made with puff as well as with the flaky pastry. Scraps of pastry rolled thin, then filled with a spoonful of meat of any kind finely chopped and mixed with a well-seasoned white sauce, made into fingers and baked, make very tasty luncheon dishes. The upper crust of any fruit, chicken, pigeon, or oyster pie may also be made from puff pastry. Never use it for the under crust in a two-crusted pie, as it is much too rich. Cheese puffs are made as directed in the chapter on doughs.

The subject of fillings for pies is a large one, but there are a few which are so popular that a cookery book without recipes for them would be considered very incomplete.

Custard Pie is perhaps the best liked and most

often served. Usually it is not a wholesome dessert, because to be well made, the crust should bake quickly, the filling very slowly, and there seems no adequate way to accomplish both in a combination dish of this kind. If custard pie is to be made so that it will be both digestible and good, the crust should be baked first over an inverted pan as I have described, the filling made separately, and placed in the shell, then the whole browned delicately.

For the filling, heat a cup and a half of milk to the boiling point, beat together one egg, four tablespoons of sugar, a teaspoon of cornstarch, and one eighth of a teaspoon of salt. Pour the scalded milk over the mixture and beat well, simmer over hot water till the mixture thickens, flavor with a few gratings of nutmeg, or with vanilla. Pour into the crust and brown slightly. Two eggs may be used, and the whites reserved for a meringue.

Squash Pie may be made by the same formula, by adding a cup of strained, steamed squash and a teaspoon each of cinnamon and mace to the mixture.

Lemon Meringue Pie. Add the grated rind of a lemon and two tablespoons of juice to the custard pie filling, after it has been removed from the fire. Place in a pastry shell and cover with a meringue made of the whites of the eggs, beaten with four tablespoons of sugar. Brown delicately in a moderate oven.

Lemon Meringue Pie, Number 2. Mix together three fourths of a cup of sugar, a tablespoon of corn-

starch, and one of flour, and pour over them three fourths of a cup of boiling water. Cook till clear, then add a teaspoon of butter, and the well-beaten yolks of two eggs, also the grated rind and juice of a lemon. Pour into a pastry shell and spread with a meringue made of the whites of the eggs and four tablespoons of sugar, and flavored with a teaspoon of lemon juice. Brown the meringue delicately.

Fresh Currant Pie. Bake a pastry shell as usual. Pick over and wash a cup of fresh currants, then add them to a mixture of a cup of sugar, one eighth of a cup of flour, two egg yolks, and two tablespoons of water beaten together. Place in the crust and bake slowly. Cover with meringue. Raspberries, blackberries, strawberries, and other fruits may be used in the same way.

Pastry Shortcake. Make flaky pastry and bake it in three rounds in layer cake pans. Spread each layer with crushed and sweetened strawberries, raspberries, peaches, or bananas. Top with whipped cream or meringue.

Cream Pie. Prepare the shells as in the previous recipe. Make a cream filling and spread between the layers. Dust with powdered sugar.

Chocolate Pie. Make like the custard pie, adding two tablespoons of melted chocolate to the formula for filling.

Chou Paste, as I said before, is not, strictly speaking, a pastry, nor is it a cake, but combines the qualities of both.

Foundation Formula for Chou Paste

1 cup water
⅓ cup butter
¼ teaspoon salt
1 cup flour
3 eggs

Method of Preparation

Pour the water into a saucepan and add the butter. Place over the fire and bring to the boiling point. Add the salt and the flour sifted together, stirring them in all together. Beat over the fire until the mixture leaves the sides of the pan. Then remove from the fire and cool for a few minutes. Break the eggs into the mixture, one at a time, beating well till it is smooth and pliable. Then set aside for half an hour to cool, though it may be used at once if more convenient.

Cream Puffs. Drop the chou paste from the end of a spoon on to a greased pan, making the cakes as round as possible. Brush each with a little milk and egg yolks, beaten together, to make them shine, then bake for twenty-five minutes in a moderate oven. If baked too quickly, the cakes will not puff as they should. Be sure, too, that they are thoroughly baked, or they will fall on being removed from the oven. When the puffs are cold, open them at the sides, and fill with whipped and sweetened cream, jelly, or marmalade, or vanilla- or chocolate-flavored custard. Before serving, sift a little powdered sugar over the puffs.

Éclairs. Make these from the same pastry, arranging it in strips an inch wide and five inches long, in buttered pans. When baked and cooled, fill like the puffs and ice with vanilla-flavored confectioner's icing, or chocolate icing.

Chocolate Puffs. Omit two tablespoons of flour when making the puffs and substitute two tablespoons of chocolate melted over hot water. Make and bake as usual, and when cool fill with whipped cream or apricot preserves.

Cheese Puffs. Add four tablespoons of grated cheese to the hot mixture and season with one fourth teaspoon of paprika. Beat in the eggs as before, and bake in small puffs. These are very nice served with salad for luncheon or supper.

French Crullers. Add a tablespoon of sugar to the paste, before the eggs are broken into it, then add the eggs as usual, cool, and with a spoon or pastry bag form the pastry into rings on greased paper. Let them stand a while to become slightly hardened, then slip from the paper into boiling fat, and cook slightly brown. Ice with chocolate or vanilla icing, or sprinkle with powdered sugar.

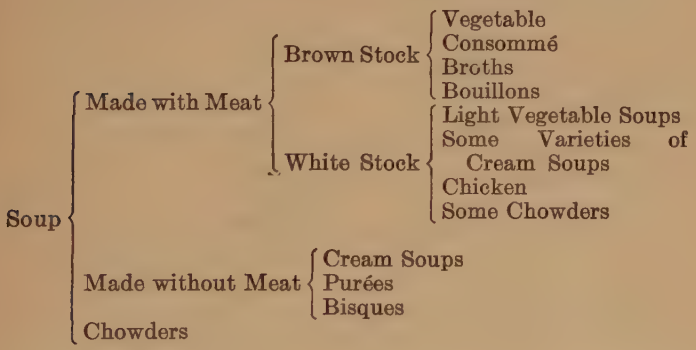
Puff Balls make a nice dessert. Add a teaspoon of lemon juice and a little grated nutmeg to the cruller paste, then form in balls the size of marbles, and drop into hot fat. Cook rather slowly in order to give the puffs sufficient time to swell to their fullest proportions. Serve hot with lemon or jelly sauce, or with maple syrup.

Strawberry Tart is a novel and delicious dish which combines both the flaky or the puff and the chou paste. Cut the pastry into disks about four inches in diameter, wet slightly about the edges with cold water, then make a border of the chou paste about the edge, using either a pastry bag and tube or a spoon. The border should be very narrow as it will puff considerably. Bake in a moderate oven to allow the border to bake properly. When cool, fill the shell with strawberries well sweetened, and top with sweetened whipped cream. Other fresh fruits, or any delicate preserve or marmalade will make a delicious filling for these tarts.

CHAPTER V

SOUPS

FOUNDATION — LIQUID — SEASONING — FLAVOR



Although, when one glances over the menu card in a hotel or restaurant, or examines the pages devoted to this product in a reliable cookery book, there may seem to be an almost endless variety of soups, when the subject is studied, it will be found that they may all be comprised in two classes, those made upon a meat foundation, and those in which meat has no part. And further, that each of these classes has for its basis a distinct and easily comprehended formula, which is varied only by the flavor-

ing and seasoning to suit the taste or the occasion for which it is required.

Once these facts are made clear, soup making does not seem so complicated an undertaking after all. When the housewife realizes that she has but two classes of soups to master, and that by applying the principles upon which these are made she may place upon her own table almost any of the fine soups for which the French chef is famous, she will more often place soup upon her menus, and less often serve the same variety.

Let us consider those soups requiring meat in their foundation first. For a fine soup it will be necessary to use a fresh piece of bone or meat, but the scraps from the table, the left-over ends from steaks, the bones from the fowl may be used also, and will make an excellent foundation, especially if they are supplemented by a small quantity of raw beef, or a freshly cut bone, as I will explain later.

This class of soups is made upon a foundation stock, and this is again divided into two subclasses; these are the soups which are built upon a brown stock, and those which have white stock for their foundation. From these two stocks all of the varieties of meat soup which the average housewife will care to undertake are made.

These brown and white stocks are again divisible, their subclasses being the vegetable, consommé, broths, and so on, as shown in the table at the beginning of this chapter.

The brown stock is the most familiar to us, as it enters into almost all of the rich, strong, stimulating soups that are served.

Foundation Formula for Brown Stock

4 pounds shin of beef or other portion from muscular part of animal
5 quarts water
3 cloves
¼ teaspoon paprika
Saltspoon pepper
1 onion
2 sprigs parsley
½ cup each of diced turnips, carrot, celery
½ a bay leaf, sprig of thyme, and marjoram
3 teaspoons salt

Method of Preparation

In purchasing beef for the brown stock, always remember that those sections taken from the muscular part of the animal will contain more blood and will therefore be more nutritious for soup making than the more tender pieces. While they require long, slow cooking, they are better for this purpose than the finest of roasting pieces.

Trim the lean meat from the bone, cut it into small pieces, and break the bone. Melt a small piece of fat in the frying pan and when hot, drop in half of the meat, and turn it quickly until it is well browned on all sides. Cover the rest of the meat and the bone with the water and let it stand for half an hour to draw out the juices. Then place on the back of the range and add the browned meat and the salt. Bring very gradually to the boiling point, as quick cooking would prevent the juices from

flowing. Cover closely and simmer very gently for six hours. At the end of this time, add one onion into which three cloves have been stuck, half a bay leaf, a sprig each of marjoram and thyme, two sprigs of parsley, half a cup each of diced turnips, carrots, and celery. Season with a saltspoon of pepper and one fourth a teaspoon of paprika. Cook very slowly for two hours, then strain and cool. When cold, skim off the cake of grease which has formed on the top, and put away in a very cold place. The grease will be found excellent for frying potatoes or other vegetables.

This stock may be brought again to the boiling point and sealed in sterilized jars for future use. It will keep quite as well as canned fruits or vegetables if properly prepared.

The foregoing formula is the correct foundation for any number of good nutritive soups. When cold, it will form a rich, strong jelly, which may be served iced as a first course for a warm-weather dinner, or it will be found rich enough to admit of some diluting with boiling water when it is recooked with whatever flavor is selected. It may also be used in making jellied meats, vegetables, or eggs, or as a garnish for salads or cold sliced meats of any kind.

In making use of odds and ends of meat, bones, and trimmings, the same foundation formula may be used, but it is always well to add half a pound of fresh meat to a pound and half of the cooked,

in order to provide the necessary juices and flavor. Otherwise the method is the same.

There is a popular fallacy that in a French kitchen the stock pot is never off the stove, that all of the odds and ends of meat, bones, or vegetables which are left from the table are thrown into it with a proportionate amount of water and seasoning, and that as occasion demands, the required quantity of rich, clear, delicious broth is drawn from the kettle.

Let me say that a soup made in this way would never have given French cookery the reputation it now enjoys. It would be tasteless and watery, perhaps even unpleasant. The correct way to manage the stock kettle is to save all of the pieces of cooked and left-over meat in a cool place until a sufficient quantity for your purpose has been collected. Then trim the fat from them (saving it for other purposes) and place the meat in the kettle with the other ingredients which I have named. If the family is small, only a small quantity of stock will be required, and the foundation formula may be divided. A quart of stock may be made if no more is required, and the same foundation formula used, the same method of preparation followed. In making a small quantity of stock, reduce the time of boiling one half.

From the foundation brown stock that I have described may be made a large number of soups, so different in character that their common origin

would never be suspected. Rice, macaroni, or barley soup are the most simple varieties. These are made by cooking one fourth of a cup of rice, macaroni (broken in small pieces), or barley in boiling water till tender, then rinsing with cold water to remove starchy particles, and adding it to two quarts of the boiling stock. Never boil these products directly in the soup, for they will not only become pasty, but will prevent the soup from being clear and transparent.

Creole Soup is a very tasty prelude to a luncheon or dinner, and a very simple matter to provide if a quart of brown stock is at hand. Chop fine a green pepper which has been washed and freed from seeds and fiber, and fry it with two tablespoons of chopped onion in butter or dripping for five minutes. Then add two tablespoons of flour and stir till well blended. Pour a quart of cool stock over the mixture and add a pint of fresh tomatoes cut in pieces, or a pint of canned tomatoes. Simmer for twenty minutes, then add a teaspoon of sharp vinegar, additional salt, and pepper as required, and rub through a sieve into a hot tureen. Serve with croutons or small squares of toast.

Italian Onion Soup is a most delicious soup also. Slice four onions very fine and fry them brown in butter or dripping. Pour four cups of brown stock over them and bring to the boiling point. Pour into a tureen and arrange squares of toasted bread on the surface. Sprinkle thickly with grated cheese

and serve immediately. The soup may be served individually if preferred.

Vegetable Soup is made by simply adding such vegetables as one prefers to the boiling stock after it has been skimmed and strained. Cook till all the vegetables are tender. Carrots, onions, string beans, lima beans, tomatoes, and cabbage are all used in making vegetable soup. Peas, string and lima beans will not require chopping. If the soup is well made and nicely seasoned, it will be good with any of the vegetables or combinations of vegetables that I have named.

Consommé is merely the brown stock boiled down until but two thirds of the original quantity remains. It is then cleared by adding the white and shell of one egg beaten together with a few spoonfuls of cold water. Stir into the cool soup and bring slowly to the boiling point, stir constantly for five minutes, then add a cup of cold water and, if liked, a glass of sherry. Let stand for from five to ten minutes, then strain through cheesecloth. If not brown enough, add a teaspoon of caramel to color.

Julienne Soup is made by adding a shredded carrot, turnip, and potato, first parboiled, to the hot soup, also a few green peas or green lima beans. The soup is then allowed to simmer until the vegetables are tender.

English Tomato Soup is another tempting variation of the brown stock. To four cups of the stock, add one can of tomatoes and one sliced onion. Simmer

for an hour, then press through a sieve, and season with a teaspoon of Worcestershire sauce. Thicken with a tablespoon of flour and butter blended, and when finished add three tablespoons of boiled rice.

The foregoing soups are but a few of the many varieties which have the brown stock for their foundation. And lest any one should feel that to make such a base for their soups as I have described would prove an unwarranted expense, let me say that the stock made from left-overs will prove almost as satisfactory, but I would not advise diluting it as in the case of the stock made from fresh meat and bone. If it is possible, too, always add a little raw meat or bone to the cooked meat for additional flavor and richness.

White stock, though not so commonly used as the brown, is still very useful, and is made in almost the same manner. Its base is a light meat or fowl, and no vegetable that is at all likely to give it a brown tint is added to it. The meat is not browned as in the other foundation stock.

Foundation Formula for White Stock

Knuckle of veal or 3 quarts of the water in which veal or chicken has been boiled
2 level teaspoons salt
½ teaspoon white pepper
Paprika
1 cup chopped celery
1 chopped onion
2 sprigs parsley
Water

Method of Preparation

Cut the meat from the bone and put both to soak in 3 quarts of cold water (if fresh meat and bone is to

be used, otherwise use the water from chicken or veal). In half an hour place over the fire and bring slowly to the boiling point. Cook for four hours, then add the vegetables and seasonings. Now proceed as in the brown stock.

White stock, strained and seasoned, is sometimes used in making cream soups, but these are more often made without the addition of any meat or fowl. White stock soups are sometimes thickened slightly. This is done by rubbing together a tablespoon each of butter and flour, then mixing these with a little of the hot soup. Mix to a paste and pour into the soup. Cook till smooth and slightly thickened. A tiny pinch of nutmeg is also a pleasant addition to a white soup.

Spring Soup. Add half a cup of green peas, a few asparagus points, and a tablespoon of shredded lettuce or string beans cut in bits to three pints of white stock. Cook till the vegetables are tender, then serve in cups. For a garnish sprinkle the surface of the soup with finely chopped water cress or parsley.

Rice Soup. This is made by adding three tablespoons of boiled rice to a quart of white stock. Serve with croutons.

Before I leave the subject of soups made on a meat foundation, let me say that when either stock has been drained from the meat and vegetables after the first cooking, a second stock which will do nicely for plain soups and for gravies may be made

by pouring half the original quantity of cold water over them and adding any left-over bits of meat that may have accumulated in the refrigerator, then simmering this second stock for four hours. Skim well, strain, and put in jars. This weaker stock will be found very useful for many purposes.

Of the soups made without meat for a basis, the cream soups or bisques seem the most popular. Perhaps this is because they are so easily and quickly made. These cream soups may be made of almost any vegetable that one prefers, but they are all made upon the same foundation formula, whether the delicate little cress or the hardy carrot gives them their title.

Foundation Formula for Cream Soups

1 pint milk
1 tablespoon butter
1 tablespoon flour
1 cup vegetable
1½ cups water in which vegetable was cooked
Salt, pepper, and paprika
Mace

Method of Preparation

A thin white sauce is the foundation for all of these delicate soups. This is made by cooking together a tablespoon of butter and one of flour. When these bubble, add a pint of cold milk, and stir till the mixture thickens, then add a teaspoon of salt, one fourth teaspoon of white pepper, one eighth teaspoon of paprika, and, if liked, a pinch of ground mace. This latter spice is very delicious with lettuce, asparagus, spinach, beet, and some of the

other soups. Meantime, the vegetable should have been prepared. If a lettuce soup is to be made, use the outer leaves from a head of lettuce; if asparagus, the tough ends of the stalks; if beet, two raw beets of medium size, peeled and grated; carrot is prepared like the beet; in fact, all root vegetables are cooked in the same way for a cream soup. Cut the vegetable, if not grated, into small pieces, and cook in a pint of water till just tender. Then press through a sieve, forcing all of the pulp through that is possible. You will probably have one and a half cups of liquid. Add this to the white sauce and simmer for five minutes over hot water. Serve in cups. A slice of onion or stalk of celery cooked with the other vegetable will vary the flavor.

It should be remembered that carrots, turnips, beets, and all vegetables which contain much cellulose or woody matter should always be grated or run through a food chopper before they are cooked for the cream soup. And if they are of rich color like the carrot and beet, they must not be overcooked or the delicate tint so desirable in a cream soup will be lacking.

Celery, onions, cress, cauliflower, cabbage, peas, or lima beans require less cooking, but should be tender enough to be easily forced through the sieve before being added to the white sauce. Corn should be removed from the cob by running a knife down the rows of kernels and pressing out the pulp, or, if preferred, the corn may be grated.

In making cream of tomato soup, add one fourth a teaspoon of soda to the cooked tomatoes before pressing them through a sieve. Do not cook after combining with the white sauce.

Purées are another form of the cream soup, but they are usually made from the dried vegetables, lentils, split peas, lima beans, green peas, or dried corn. The vegetables are washed and looked over carefully, and are then put to soak in cold water over night. In the morning, they should be drained and put over the fire to cook in fresh cold water. Allow two and a half quarts of water to a cup of the dried vegetables, measured before soaking. Add half an onion, a sprig of parsley, and a piece of celery. Simmer for three or four hours until the vegetables are tender enough to be mashed. Press them, with the water in which they were cooked, through a sieve, then add a pint of white sauce, made as for the cream soups. Cook together for fifteen minutes. If a ham bone is at hand, it may be boiled with the dried vegetable, or a small piece of salt pork may be added for flavor, though neither is necessary.

All purées are made in the same manner, except that in very delicate purées, like those made of chestnuts or mushrooms, the ham bone or pork is never added. Purées are all very nutritious and easily made. One thing is necessary to remember in making them, and that is the flour and butter thickening which is added to the white sauce.

It may be thought that the vegetable itself will supply all the thickening required, but this is not so, for the soup will separate, and the pulp will settle to the bottom of the tureen if the thickening is not used. White stock may be used in making the cream soups instead of milk. This is often done where the water in which a chicken has been boiled, or the liquor from boiled lamb, is convenient.

Bisques were formerly made only of crayfish, and when a soup of this character was mentioned, it was always understood that a crayfish soup was meant. All shellfish soups are now included in this class and are made in much the same manner. When one has learned to make a bisque of oysters, to make one of lobster or clams will prove quite a simple understanding. The following method will produce a perfect bisque:

Wash a pint of oysters by pouring a cup of water over them, strain their liquor through a fine sieve, and bring it to the boiling point. Skim it well and add the oysters after looking them over well for stray bits of shell. Simmer till the edges curl and the oysters become plump. Then add to a pint of white sauce made as in cream soups. Season with a level teaspoon of salt, pepper, and paprika to taste, and add a tiny pinch of mace. For variation, scald a piece of celery in the white sauce or add a few celery seeds for flavor.

In making lobster bisque the flesh of the lobster should be flaked into small pieces and added to the

thin white sauce. Crab bisque is made in the same manner. Clams should be slightly chopped before cooking them. Omit the mace in any of these bisques if its flavor is not liked.

Chowders are scarcely to be regarded as soups, though generally so classed. They are in reality stews, but it is customary to serve them as a first course like a soup. Chowders originally were made only from fish or clams, but such vegetables as potatoes and corn answer very well for the purpose also, and make very economical dishes.

If fish is used, select the large, fleshy kind, like cod or haddock, cut it into small pieces, skin and bone it, and after making a stock of the bones, use the fish as you would the clams. The white stock may be used in any of these fish or vegetable chowders if convenient.

Foundation Formula for Chowder

1 quart clams or fish
1 quart potatoes cut in dice
¼ pound salt pork
1 onion
Salt, pepper, and paprika
3 cups milk
10 crackers
3 cups broth or water
1 tablespoon butter
1 tablespoon flour

Method of Preparation

Cut the pork in small pieces and fry slowly to extract the fat. Add a sliced onion to the fat and fry brown, then add the onion with the fat to the fish stock or the liquor from a quart of clams, and add also a cup of cold water. Parboil the potatoes

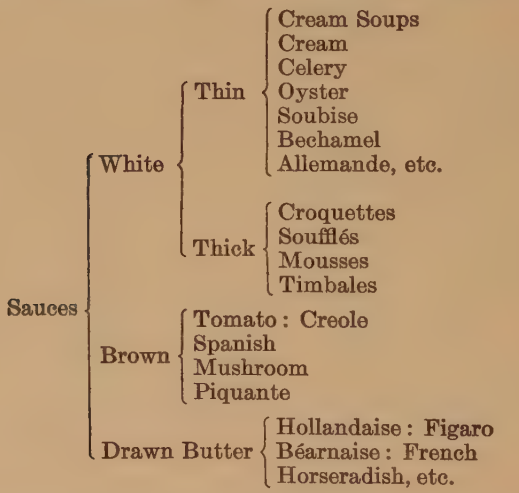
and add to the chowder, with two teaspoons of salt and a fourth a teaspoon of pepper. Simmer till the potatoes are tender. Pour in three cups of scalded milk and thicken with a tablespoon of butter and one of flour rubbed to a paste. Add the clams and cook for ten minutes. Place ten hard crackers, split and buttered, in the bottom of a tureen and pour the hot chowder over them. Serve at once.

Vegetable chowders are made on the same foundation formula, with the exception that two cups of water are used in place of the stock or clam liquor. Corn should be chopped slightly for a good chowder, potatoes merely sliced or cut in dice.

CHAPTER VI

SAUCES

FOUNDATION: LIQUID, FLOUR, BUTTER. SEASONING



Almost any dish that is not already hopeless may be improved if it is dressed with a tasty, well-made sauce; and any very good dish may be made wonderfully better if it is accompanied by a smooth, rich, delicately seasoned and nicely flavored sauce. Indeed, the sauce is the making of many a dinner.

Therefore, too much importance cannot be placed on this accessory to good living. The sauce should be studied and tested, its appropriateness to the dish with which it is to be served considered from various standpoints, and the sauce itself put together with watchful care and nicety of judgment.

Unfortunately, to many housekeepers, the word "sauce", as regards meats, fish, or vegetables, has but one meaning, viz.: a cooked mixture of milk, butter, and flour, and not always a well-cooked mixture at that. The white sauce is served indiscriminately with meats, vegetables and, slightly sweetened and flavored, with puddings.

White sauce is one of the most useful adjuncts to good cookery that we have, and I would not seek to disparage its use in the proper places, but it is only one of three most excellent sauces, each of which is capable of many delightful changes and variations.

If a white sauce is favored, by all means make it and serve it frequently, but do not neglect the other two, which I will describe a little later. And be very sure that the white sauce which you serve is well made, free from lumps, smooth, rich, and slightly thickened. Also, that it is daintily flavored and nicely seasoned.

When you are certain of your ability to make such a sauce, you have at your finger tips the foundation for a dozen delicious, novel, and seemingly complex sauces. You may, in fact, from your foundation white sauce, make a variety of those

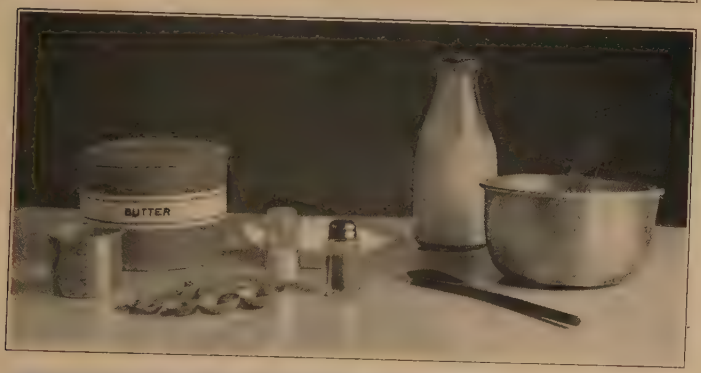
rich and delicious dressings, the secrets of which are supposed to be known only to high-priced chefs.

The other two sauces of which I will tell you also, the brown sauce and the drawn-butter sauce, are the foundations for numerous delectable accessories to good cookery, each of which is unsurpassed when served with the dish or viand with which it most agrees. But we will leave those other divisions of this interesting subject and return to the white sauce, or as it has been appropriately termed, the "Mother Sauce."

The white sauce itself is again divided into two classes: the thin white sauce which is used for dressing vegetables, for making cream soups, and as a foundation for other sauces, and the thick white sauce which is used in making croquettes, soufflés, mousses, timbales, and other more complex and fancy dishes. Once the foundation sauce with its two branches is learned, even the inexperienced housewife will not find it a difficult matter to compass any of these variations. The sauce is the chief ingredient in them; it is the background, as it were, for the various flavors, seasonings, and other ingredients, and when it is well made, failure is impossible. The perfect white sauce is made from the following foundation formula:

Foundation Formula for White Sauce

1 tablespoon butter
1 tablespoon flour
1½ cups milk
½ teaspoon salt
Pepper
Paprika



Courtesy of "Good Housekeeping"

CROQUETTES MADE FROM WHITE SAUCE FOUNDATION

1. These ingredients vary the foundation sauces.
2. A well-made white sauce requires no straining.
3. Croquettes made upon white sauce foundation.

Method of Preparation

Cook together in a smooth clean saucepan the butter and flour; when these are bubbling, and before they have had an opportunity to become even a very little brown, add a cup and a half of cold milk. Stir constantly until the mixture has thickened, then place the saucepan in hot water, and continue cooking for several minutes. When smooth, velvety, and well blended, season with one half a teaspoon of salt and pepper and paprika to taste, and, if wished richer, add a teaspoon of butter.

The sauce so made will not require straining, but will be delightfully smooth and rich. It may be poured over boiled cabbage, asparagus, cauliflower, spinach, lima beans, or any of the vegetables that one likes dressed with a white sauce; or it may be used as an accompaniment to boiled mutton or fish.

Cheese Sauce. If a cheese sauce is desired, three tablespoons of dairy cheese, grated, is added to the sauce just before it it taken from its hot-water bath, and the mixture is stirred gently till the cheese is melted. A teaspoon of lemon juice added to the cheese sauce with an extra dash of paprika will make it more pungent and tasty.

Egg Sauce, for serving with boiled fish, is merely the foundation white sauce to which are added the whites of two hard-boiled eggs, chopped coarsely. The yolks are mashed and stirred into the sauce until the whole assumes a golden tinge.

Celery Sauce is made in the following way: cut in small pieces enough celery to make half a cup. Cook this in a cup of water till tender. When making the white sauce, use half a cup of the celery water with a cup of milk instead of the entire quantity of milk, adding the chopped and cooked celery to the finished product. In every other particular follow the general directions for making white sauce.

Oyster Sauce is made like the celery sauce, the oysters being scalded in their own liquor, then chopped coarsely, and a half cup of oyster liquor substituted for half a cup of milk in the foundation recipe.

Soubise Sauce is merely an onion sauce which was named for a French prince who lived many years ago. It is made like the white sauce except that one small onion is sliced and cooked until tender in rapidly boiling water. Then it is rubbed through a sieve and added to the white sauce.

Bechamel Sauce is the white sauce foundation to which the well-beaten yolks of two eggs are added. The sauce is often made with white stock as a substitute for milk, or half milk and half white stock may be used. To flavor the sauce, cook a slice of onion, a bit of celery, a small piece of bay leaf, and a sprig of parsley in it for a few moments, then strain and add the egg yolks. Do not cook after the yolks have been added or the sauce may curdle.

Sauce Allemande. Add one well-beaten egg

and a tablespoon of lemon juice to the white sauce foundation. Do not cook after adding the lemon juice or the sauce will curdle.

Parsley Sauce. Add chopped parsley which has been washed well and covered with boiling water for three minutes and then drained, to the white sauce.

Velouté Sauce is made exactly like the white sauce, except that one cup of white stock and half a cup of thin cream are used in place of the milk advised in the foundation sauce.

Asparagus Sauce. Add a cup of asparagus tips pressed through a sieve to the white sauce.

Tomato Cream Sauce. Simmer a cup of tomatoes down until only half a cup remains, add a pinch of soda to this, and press through a sieve. Mix this tomato purée with the white foundation sauce.

The thin white sauce is also used in *au gratin* dishes, and these are made of almost any variety of vegetable, fish, meats, macaroni, or fowl. The article which is to form the chief ingredient in the dish is chopped or cut in small pieces. If not previously cooked, it is boiled till tender. Then it is placed in a buttered baking dish in layers alternately with the white sauce. A covering of fine bread crumbs dotted with butter and seasoning is placed over the top of the dish, which is then baked long enough to brown the crumbs nicely. A mere grating of mace is an excellent addition to the white sauce for an occasional change.

Creamed Chicken, **Oysters**, **Potatoes**, **Salmon**, **Eggs**, and various other articles which are frequently served in this way are dressed with the thin white sauce, after having been previously cooked till tender. Oysters are excellent with the touch of mace added to the sauce.

Macaroni or **Spaghetti** may be dressed with the cheese sauce, arranged in a baking dish, covered with grated cheese, and baked twenty minutes.

Potatoes Delmonico are first boiled tender, then cut in cubes, covered with the cheese sauce, and baked till brown.

A thin white sauce is also the foundation for cream soups, as was explained in a previous chapter.

Thick White Sauce is quite as useful in its way as thin, although it is not used as a sauce, but as the foundation for many very good dishes. Croquettes, when at their best, have this type of sauce for their base. The sauce is made from the following foundation formula:

Foundation Formula

2 tablespoons butter
2½ tablespoons flour
1½ cups milk
½ teaspoon salt
¼ teaspoon pepper
Paprika

Method of Preparation

Cook together, until they bubble, the butter and flour. When bubbling, though not brown, add a cup and a half of milk, cook till thick over hot water, and season with half a teaspoon of salt, one fourth a teaspoon of pepper, and paprika to taste.

If croquettes are to be made, cooked chicken or other fowl, fish of any variety, meat, hard-boiled eggs, or cheese cut in small dice may be used. Two cups of chopped meat, chicken, or fish, or other products should be allowed for the quantity of sauce given, and mixed with it just before it is removed from the fire. With salmon, lobster, oysters, and some meats, or with cheese, it is well to add just a few drops of lemon juice to the mixture after it is taken from the fire. More seasoning may also be added, together with a teaspoon of butter if the dish is wished more rich.

Pour the croquette mixture into a flat dish and allow it to become quite cool. Then shape in small oval cakes or balls. Roll these in well-beaten egg that has been strained, and then in fine sifted bread crumbs. Let them stand for a few minutes to become dry and slightly firm, then fry in deep boiling fat to a nice brown. This is the recipe for all croquettes. Sometimes they are made more elaborate by the addition of chopped mushrooms, cream is used in place of milk in making the sauce, or part cream and part white stock is used; or the well-beaten yolks of two eggs are added to the white sauce. But in the essentials they are not changed. Therefore, when one has learned to make a good thick white sauce, one commands the secret of all fine croquettes.

Soufflés are also made from the thick white sauce. To the foundation recipe add a cup of chicken, fish,

vegetable, cheese, or whatever is desired to give distinctiveness to the soufflé, then beat in the well-whipped yolks of three eggs, add more seasoning if desired, and fold in the stiffly beaten whites of the eggs. Pour the mixture into a buttered pudding dish, stand this in a pan of hot water, and bake for twenty-five minutes in a slow oven. Soufflés are very nice baked in individual dishes or ramekins. A very little lemon juice is a good addition to a cheese soufflé, a pinch of mace to a chicken or oyster soufflé. One point must be remembered when making soufflés — they must be served immediately after taken from the oven; a few moments' delay will prove fatal to their appearance.

Timbales are simple of construction, though generally classed with fancy cookery. Chicken, fish, boiled ham, green peas, and asparagus are most often selected for making timbales. The meat or vegetable is pounded to a paste, then mixed with the thick white sauce, allowing one cup of chopped mixture to one and a half cups of sauce to make it moist. One egg yolk is also added and the mixture is seasoned with salt, pepper, paprika, and, if desired, nutmeg or mace. When well blended, it is placed in the refrigerator to become very cold. The timbale molds, which are small, high tins, usually of individual size, are oiled and lined with pimentos cut in fancy shapes, cooked peas, or bread crumbs; the center is filled with the timbale mixture, to which chopped mushrooms are sometimes added. They are then

placed in a pan of hot water and cooked gently for fifteen minutes. When done, the timbales are turned out on a platter, garnished, and served with a Bechamel or Allemande sauce.

A **Mousse** is not unlike a timbale; a cup of meat or chicken or fish is chopped very fine, then pounded to a paste. A cup of white or Bechamel sauce is added, also the whipped white of one egg, and a cup of whipped cream. It is seasoned to taste, placed in small molds, and cooked in hot water. Let stand in the mold for a few moments before turning out.

Brown Sauce Foundation is almost, though not quite, as useful as the white. From it are derived a great many rich, spicy, pungent sauces, which will enhance many a dish. Brown sauce is made in much the same manner as the white.

Foundation Formula for Brown Sauce

1 tablespoon flour	½ teaspoon salt
1 tablespoon butter	Pepper
1½ cups liquid	Paprika

Method of Preparation

Melt the butter over the fire until it is a bright rich brown, but be very careful not to allow it to burn. Add the flour and cook together until smooth and bubbling, then pour in a cup and a half of brown stock, or milk, or even water. If water is used, it is well to add also a teaspoon of meat extract or a

beef cube. Stir till smooth, and season with one half a teaspoon of salt and a dash each of paprika and pepper. If you wish, you may flavor the brown sauce by cooking a slice of onion and a bit of celery in the butter before adding the flour. Remove the vegetables before the flour is added, and proceed as in the plain brown sauce.

When **Tomato Sauce** is desired, substitute tomato juice for any other liquid in making the brown sauce. Tomato sauce is finer when the onion and celery are used for flavoring.

Creole Sauce. Tomato sauce in its turn may be transformed into creole sauce, which is particularly good with pork chops, or other meat, or with fish. Simply add a finely chopped green pepper to the tomato sauce and cook over hot water for fifteen minutes.

Spanish Sauce is obtained by cooking in enough water to cover them, a slice of carrot, a tablespoon of parsley, each finely chopped, and a bit of bay leaf and onion, then adding them to the brown sauce, which is served with meats.

Mushroom Sauce is one of the finest of all sauces. Make it from your brown sauce foundation by adding half a dozen mushrooms, cut in small pieces and cooked in a little butter, to the brown sauce.

Sauce Piquante. One small pickle chopped fine, one tablespoon of capers, a teaspoon of chopped chives, and a tablespoon of vinegar added to the brown sauce will transform it into a delightful sauce

piquante. This is delicious with steak, baked or fried liver, or lamb chops.

Currant Jelly Sauce for serving with roast lamb, venison, duck, and other game is made by mixing one fourth of a cup of currant jelly and a teaspoon of lemon juice with a cup of brown sauce.

Olive Sauce. Chop fine half a dozen pitted olives and add to the brown sauce. This is very nice with roast duck.

Drawn-butter Sauce is the third of the foundation sauces. It is made in much the same manner as the thin white sauce, except that water is used in place of the milk. It differs only in this respect: that after the sauce is cooked to the thick smooth stage, a tablespoon of butter is added in small pieces and beaten in thoroughly. The sauce is seasoned like white sauce. In its plainest form, drawn-butter sauce is useful in serving with fish, cauliflower, boiled mutton, boiled fowl, or corned beef.

Cucumber Sauce is often served with fish. It is made by adding a cup of chopped cucumber pickles to the drawn-butter sauce.

Caper Sauce is served with boiled mutton or fish. To make it, add one fourth of a cup of capers to the drawn-butter sauce.

Hollandaise Sauce. Add the well-beaten yolks of two or three eggs, a tablespoon of lemon juice, and a few grains of cayenne to the drawn-butter sauce. This is very fine with cauliflower or asparagus.

Horseradish grated, **Shrimps** or **Lobster** cut in

small pieces, or chopped **Hard-boiled Eggs**, each gives its name to the sauce when added to it in proportions to suit the demand.

Béarnaise Sauce is made by adding a tablespoon of finely chopped parsley, a grating of onion, a few grains of cayenne, the yolks of three eggs, and a tablespoon of vinegar to the drawn-butter sauce. An additional tablespoon of butter is also added for a fine dish. This sauce is frequently served with broiled steak.

Sauce Figaro. Add two tablespoons of strained tomato pulp and a teaspoon of finely chopped parsley to the Hollandaise sauce, also a teaspoon of Worcestershire sauce.

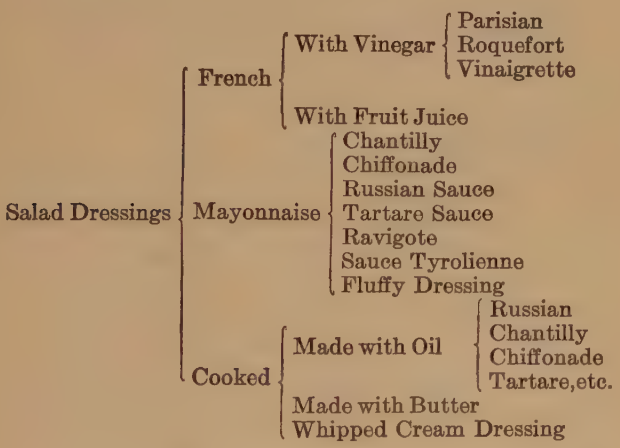
French Sauce. Add a cup of tomato pulp to the Béarnaise sauce.

It will not be necessary to learn the recipes for any of the foregoing, but the three foundations. When these are mastered, and a perfect white, brown, or drawn-butter sauce is produced, the variations will be a very simple matter to undertake.

CHAPTER VII

SALAD DRESSINGS

FOUNDATION: OIL — ACID — SEASONINGS



A true epicure will tell you that there is but one dressing for a salad, the same which the old Latins used on their lettuce and cucumbers, merely a liberal quantity of good pure oil, a small quantity of vinegar or fruit juice, and a judicious sprinkling of salt. He will tell you that the complex mixtures which are served on the salads of the present day are not salad dressings at all, but strange concoctions

invented by ambitious chefs to add renown to their names, but not worthy of the consideration of a discerning *gourmet*.

It is true that the old Romans and Latins used the oil of the olive mixed judiciously with vinegar and salt on their green herbs and vegetables, and regarded it quite fine enough for their feasts and banquets, but it is not such a far cry from simple salads of those times to the many and varied dressings and sauces which are so popular to-day.

The simple oil dressing was used for centuries, until Cardinal Richelieu, who was famous for his love of good eating as well as for his statesmanship, thinking to improve it, added the yolk of an egg and a pinch of mustard, and unconsciously originated the mayonnaise. Therefore, while I have divided all salad dressings into three classes in the outline which preceded this chapter, there are in reality but two, for the mayonnaise is after all but a development of the French dressing. But because it is commonly regarded as a very different type and one that is difficult to attain perfection in making, its origin has been lost sight of and it is now placed in a distinct and separate division.

The boiled dressing has grown in popularity of late; it is a very convenient salad dressing, as it may be made in quantities and kept in a cool place for several weeks.

Each of these classes of dressings may be de-

veloped into a great many special varieties, so that when one has learned to make the three foundation dressings perfectly, one may without the least timidity attempt any of these delicious though seemingly complex types which are at once the delight and despair of the housewife. A sauce ravigote, for instance, would appear to be quite beyond the knowledge of the average cook, but it is no more difficult to achieve than a simple dressing of oil and salt, when one has learned the foundation formula and correct additions for its manufacture. It is the same with all of the other rich, pungent, or savory dressings. Their intricacies disappear like snow in the sunshine, when the subject is clearly comprehended. The French is the most easily made of all the salad dressings. It is, as I explained before, but a survival of the old Latin's method of dressing his herbs. In fact, the very name " salad " is derived from the Latin " salare," which means to salt.

Olive oil is the main ingredient in a French dressing. This should always be of the best quality, if the salad is to be perfect. The oil may be Italian, French, Spanish, or Californian, but it must be delicate, fine, and of the first pressing of the olive. Other vegetable oils may be used in cooked dressings, but do not attempt to use them in a French dressing, for it will lack the delicacy and smoothness which a fine French dressing should possess, if made with inferior oil.

Vinegar, too, is of great importance in making a French dressing. This may be malt, cider, or wine, as you please, but it should be sharp and pure and of the best quality.

Tarragon vinegar is liked by many persons, and it is sometimes pleasant to vary the flavor of the dressing by substituting it for the ordinary vinegar. Tarragon is a little French herb which is now grown in many of the market gardens in this country. A sprig of this herb is boiled in a small quantity of vinegar, and this is then strained and added to the vinegar until it is flavored as desired.

French dressing is often made at the table while the salad course is being served. This is a very good plan, as it is always wise to serve the dressing as soon as mixed for it is impossible to prevent it from separating in a short time.

Foundation Formula for French Dressing

3 tablespoons olive oil	½ teaspoon salt
1 tablespoon vinegar	¼ teaspoon pepper
Cayenne	Paprika

Method of Preparation

Place a small lump of ice in a cold bowl and add the salt, pepper, and paprika, and one tablespoon of oil; with a fork stir the ice around until the salt is dissolved. Then add half a tablespoon of vinegar

and continue stirring. The dressing will immediately thicken, and the rest of the oil may be added, also the pepper, a dash of paprika, and a very few grains of cayenne. Add the rest of the vinegar, stir well. A perfect emulsion will result, but the dressing must be served at once, or it will become thin and watery. If by any chance it must be made some time before it is used, place near the ice, and just before serving, beat vigorously with a small egg beater.

This dressing is suitable for lettuce, cucumbers, tomatoes, cress, asparagus, and many other vegetables. If a larger quantity is desired, increase the quantities of the ingredients proportionately.

French Dressing with Fruit Juice. For a fruit salad, the French dressing will be more suitable if made with the juice of lemon or grapefruit in place of vinegar. Grapefruit and lettuce salad is especially fine dressed in this way.

Now let us take up the development and variations of the French dressing.

Vinaigrette Dressing is a very popular form of dressing; it is made by adding a teaspoon of chopped capers, one chopped gherkin, a teaspoon of chopped parsley, a single grating of onion, and a teaspoon of chopped green pepper to a cup of French dressing. If it is possible to obtain chervil and tarragon, half a teaspoon of each of these herbs, also chopped fine, may be added to the dressing. Vinaigrette sauce is used on asparagus salad, fish, cold meats,

whole tomatoes stuffed with celery or other vegetables, and various other dishes.

Roquefort Dressing is appropriate for all green salads. It is made by adding three tablespoons of grated or mashed Roquefort cheese to one cup of the French dressing, together with enough paprika to produce a decided red tint.

Parisian Dressing. Add three stuffed olives chopped fine and a tablespoon of chopped chives or small green onions to a cup of French dressing.

This foundation formula for French dressing may also be varied by adding a little curry powder, Worcestershire sauce, minced chives, minced olives, boned and mashed sardines, or chopped green pepper or pimento. The salad dressing derives its name from the ingredient which flavors it. All of these combinations are of course only possible when the dressing is made with vinegar; the acid of the fruit juices will not combine well with these flavors.

Mayonnaise Dressing has in some way or other attained the reputation of being very difficult to make successfully, and it is a fact that although it is really a simple undertaking, many fail utterly in its making. The reasons for these failures are either lack of care in having all the ingredients of the same temperature, or adding the oil too quickly or in too large quantities. The egg yolk will only absorb a certain amount of oil at one time, so it is imperative that it be carefully and deliberately added.

Foundation Formula for Mayonnaise Dressing

1 raw egg yolk	Dash of pepper
½ teaspoon salt	Dash of paprika
Few drops lemon juice	Few grains cayenne
¾ pint olive oil	5 tablespoons sharp vinegar

Mustard if desired

Method of Preparation

It is essential that everything used in making the mayonnaise be of the same temperature. It is not absolutely necessary that all the ingredients and utensils be very cold, but it is better for one not widely versed in salad making to chill them, as this method makes success more assured. Select a clean, smooth, rather deep bowl, a small wooden paddle, or, as it is sometimes called, a French mayonnaise spoon, and place these with the oil, vinegar, and egg in the refrigerator for several hours before beginning the dressing. If time presses, stand all in ice water for fifteen minutes. Then break the egg and place the yolk in the cold bowl, stand the bowl in a pan of ice water, and stir in half a teaspoon of salt. Stir till the salt is dissolved and the egg slightly thickened. Then add a few drops of lemon juice, a dash each of pepper and paprika, and a few grains of cayenne.

Stir once more until all of the ingredients have become well blended. Now begin adding the oil, a drop at a time, stirring constantly. When several teaspoons of oil have been added, a few drops of

vinegar may be stirred in, then the oil dropped in as before. The mixture will become very thick and unmanageable as the oil is added, and when this occurs the vinegar may be stirred in a very little at a time. To hasten matters, a small egg beater may be used after a cup of oil has been added, and the success of the dressing is assured. When three fourths of a pint of oil and five tablespoons of vinegar have been used, the dressing should be thick and creamy. It may be seasoned more highly and a little mustard added if liked.

If, as sometimes happens, the mayonnaise should begin to curdle, put it aside, and begin the process again with a fresh egg yolk. When this has become smooth and thick and about a tablespoon of oil has been added, the curdled dressing may be stirred in a little at a time, and the dressing finished as usual. It will be quite as smooth and fine as though no mistake had occurred. By adding lemon juice to the egg yolks before the oil is mixed with them, the liability of curdling is lessened.

Mayonnaise, when well made, is smooth and thick and will not separate even though kept for several days. It may be colored in various ways to suit the demands of the occasion. Red mayonnaise is made by adding two or three tablespoons of strained tomato juice, cooked till thick, to the dressing; green mayonnaise by adding spinach juice or vegetable paste. If a jellied mayonnaise is desired, add one half an ounce of gelatine dissolved in a very

little water to the mayonnaise after it has become thick and smooth and all the ingredients have been added.

Sauce Tartare is a delicious dressing for fried fish, deviled crabs, soft-shelled crabs, fried oysters, cold meats, tomatoes, or many other salads. It is made by adding two tablespoons each of chopped capers, cucumber pickles, olives, and parsley, a very little grated onion, and a teaspoon of mustard mixed with vinegar to two cups of mayonnaise.

Chantilly Dressing. By mixing a tablespoon of horseradish with a cup and a half of mayonnaise, Chantilly sauce is made. It is used like the tartare sauce.

Sauce Tyrolienne. Add half a cup of chili sauce to the same amount of mayonnaise and when well mixed stir in half a cup of whipped cream.

Sauce Ravigote. Add a grating of onion, a tablespoon of chopped chives, a tablespoon of chopped parsley, and a tablespoon each of chopped tarragon and chervil to a cup and a half of mayonnaise. This sauce is delicious with crab, lobster, or other shellfish.

Russian Salad Dressing. Add an equal quantity of chili sauce to the mayonnaise, and a tablespoon each of chopped peppers, chopped chives, and chopped and stoned olives.

Chiffonade Dressing. Add two tablespoons of chopped parsley, two of chopped pepper, and one of chopped pimento, and one small onion chopped fine

to a cup of mayonnaise and stir in enough paprika to make the dressing quite red.

Fluffy Dressing. Beat the white of the egg left from making the mayonnaise to a stiff froth and fold in the dressing.

The cooked dressing, which is the third type of salad dressing, is liked by many persons who do not care for the taste of olive oil, for this dressing, although in many respects resembling a mayonnaise, may be made by substituting butter for the oil. When made with oil, however, it is richer and more appropriate for the use to which it is to be put. Besides, the taste of the oil is made almost imperceptible by the heat in cooking.

Foundation Formula for Cooked Dressing with Oil

2 raw egg yolks
½ teaspoon salt
1 teaspoon sugar
1 teaspoon dry mustard
½ cup milk or cream
1 cup oil
4 tablespoons vinegar
Few grains cayenne
¼ teaspoon pepper

Method of Preparation

Mix together the salt, sugar, mustard, pepper, and paprika and add the egg yolks. Beat well, then add the cream or milk, the oil, and vinegar. Beat till well blended. Place the saucepan in boiling water and cook till thick and smooth, beating constantly with the egg beater. Remove from the fire the moment it has thickened or the dressing will be apt to curdle. Beat while cooling, adding

an additional half cup of oil during the process. If wished more tart, a little more vinegar may be added. A very little cayenne adds to the piquancy of the dressing. This dressing may be poured into a glass jar and kept for several weeks in a cool place. It is a very convenient dressing because of this feature.

Foundation Formula for Salad Dressing without Oil

2 raw egg yolks
or
1 whole egg
1 cup sweet or sour cream
½ teaspoon salt
Cayenne
½ teaspoon dry mustard
¼ teaspoon pepper
1 tablespoon melted butter
4 tablespoons vinegar
Paprika

Method of Preparation

Beat the egg yolks or the whole egg to a stiff froth with the sugar, salt, mustard, pepper, and paprika. Add the cream and melted butter and beat again; pour in the vinegar and cook over hot water till thick. Remove from the fire and beat hard while cooling. Additional vinegar may be added if desired more sharp, and a few grains of cayenne will improve it. By adding a spoonful of grated onion to this dressing a pleasing change is afforded. Either of the cooked dressings may be varied in the same manner as the mayonnaise, and will make excellent foundations for the herbs, seasonings, and other ingredients which are to be added.

Another boiled dressing which is most desirable

for fruit salads is the whipped cream dressing, or, as I have named it, Suffrage Salad Dressing, because of its delightful yellow tint. It, too, may be varied in several ways.

Foundation Formula for Suffrage Salad Dressing

2 eggs
4 tablespoons sugar
1 tablespoon mustard
4 tablespoons vinegar
½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon pepper
1 cup whipped cream

Method of Preparation

Mix all of the ingredients together with the exception of the cream. Beat briskly till well blended, then cook over hot water till thick. Pour into a jar and stand in a cold place. When cold, add one or two tablespoons of the foundation dressing to a cup of whipped cream. Whip together thoroughly so that the dressing and cream are well incorporated. Be careful to whip the cream till very stiff and dry, otherwise it will dilute the dressing and make it thin. Do not serve the stock for the dressing alone, as it is too strong. It must be added to the cream for perfect results. The foundation stock may be made and kept for several weeks, the cream being added as desired. For variation, add two tablespoons of chopped pimentos to the Suffrage Salad Dressing.

A word as to the salads themselves before we leave the subject of salad dressings. A perfect salad should be the result of inspiration, not a product

made from a cut and dried recipe. It should be a picture, and like a picture should not be made, except in a general way, according to rules. Imagination and originality and a nice sense of harmony of flavors and colors will enable one to make a tempting and delicious salad from the simplest of materials. With a few fresh lettuce leaves, a tomato, or onion, or an apple and a few nuts, or perhaps a can of salmon or sardines, the woman who is gifted with these qualities will evolve a salad that will be not only a study in color contrasts, but a very delectable dish as well.

In general, it should be remembered that a simple green or fruit salad with a French dressing, or one of its variations, is most suitable for a dinner salad. A bowl of romaine, lettuce, or endive, or even cress or dandelion, with a simple dressing, and served with toasted wafers will be far more refreshing and in better taste after a roast than any of the more fanciful or complex salads. The following suggestions are offered for decorative salads. These may be served appropriately at a luncheon, a very simple dinner, or a late supper.

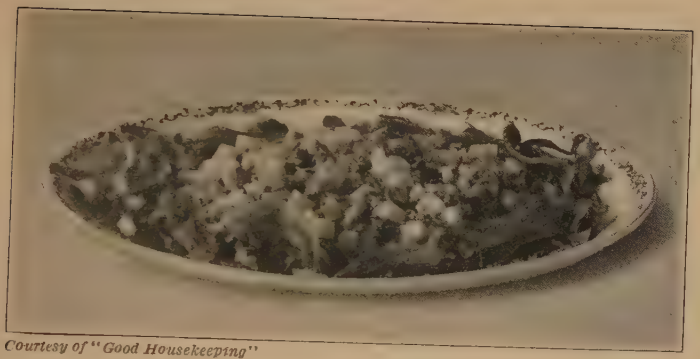
Butterfly Salad. Border individual plates with lettuce leaves or cress. Lay a slice of pineapple, cut in halves and placed with the curved edges together, on the lettuce; on the pineapple place slices of bright red apple, unpeeled, and with the curved edges placed together also. Over the apple slices arrange orange slices in the same manner. These

will form the wings of the butterfly. For the body use Tokay grapes cut in halves lengthwise and make the feelers from strips of pimento. Serve with Suffrage Salad Dressing.

Salad à la Caroline. Cook one half a cup of rice in a quart of rapidly boiling salted water till tender. Then rinse with cold water. Pick over a pint of boiled shrimps and break into pieces. Mix with the rice and dress with boiled salad dressing. Arrange in a salad bowl lined with water cress. Garnish with the whites of hard-boiled eggs cut in fancy shapes with a French vegetable cutter and press the yolks through a sieve over the salad.

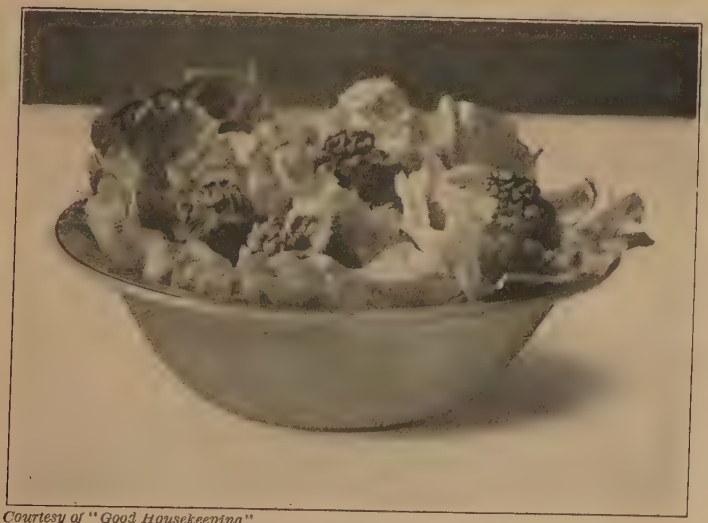
Tipperary Salad. Mash a cream cheese to a paste with a little cream and add to it a tablespoon of chopped nut meats; make into little balls and decorate each with a bit of green pepper cut to resemble a shamrock leaf. Place these balls on lettuce leaves and serve with French dressing.

Tomatoes Stuffed with Celery Mayonnaise. Scald and peel large, well-shaped tomatoes, then scoop out most of the pulp from them. Select the white tender stalks from a bunch of celery and cut them into very small pieces. Wash them and place in a bowl of ice water to which a little lemon juice has been added to keep the pieces white. When ready to use, drain and dry the celery and mix it with mayonnaise dressing, fill the tomato cups, and stand each on crisp inside leaves of lettuce. Place a spoonful of mayonnaise on each tomato.



Courtesy of "Good Housekeeping"

SALAD À LA CAROLINE



Courtesy of "Good Housekeeping"

POTATO SALAD WITH BEETS

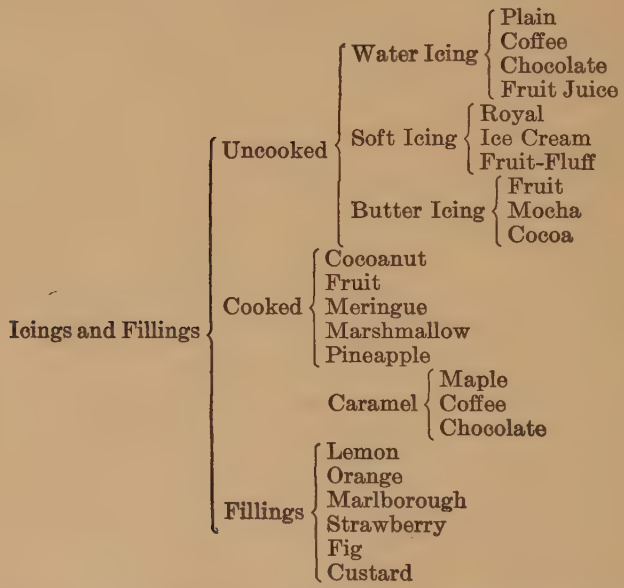
Spring Salad. Slice peeled Spanish onions very thin and soak them in ice water for an hour. Then drain and wipe dry. Serve on lettuce leaves with thinly sliced green peppers and vinaigrette dressing. Garnish with pimentos cut in rings or disks.

Potato Salad. Boil ten small potatoes in their jackets, salting them when nearly done. Drain and cool thoroughly. Then peel and chop quite fine with half a green pepper freed from its seeds, two hard-boiled eggs, three small cooked beets, six spiced pickled cucumbers, and two tablespoonfuls of walnut-kernels boiled in salted water for five minutes, then drained, and chilled in cold water. The green pepper may be omitted. Mix the ingredients well and season with pepper, salt, and paprika. Moisten with a good boiled salad dressing, pack into a wet mold, and set away to chill. When ready to serve, line a dish with lettuce leaves, or if no lettuce is available it may be omitted, and turn the salad out on it. With a broad knife mask the whole of the salad with the dressing, as though icing a cake. Halve the smallest gherkins and place them star fashion on top of the mold, stick a sprig of parsley or the tiny inside leaves of the lettuce in the very center. Cut stars of red beets and arrange about the sides of the mold. Halved walnuts may be used as a garnish if preferred. Serve the salad as cold as possible, and pass the dressing.

CHAPTER VIII

CAKE ICINGS AND FILLINGS

FOUNDATION: SUGAR — LIQUID — EGG WHITES



The time has passed when a cake was simply "frosted" with a white sugar icing, or coated with a thick chocolate dressing, or occasionally sprinkled

with chopped nuts or cocoanut. To-day we have as many varieties of icings and fillings as we have of cakes, and new kinds which provide even more scope for the imagination are being continually added to the list.

The simple white icing composed of the egg white and powdered sugar, while not displaced by the more complicated and decorative compositions, is not seen as frequently now as it was a generation ago, and the once so popular chocolate filling is so changed and improved that it resembles a fine bon-bon rather than an icing. The boiled frosting of a few years ago is embellished in a dozen ways, making all sorts of new and delicious variations with which to enhance our cakes. And in addition to those I have mentioned, several other icings and fillings have been introduced, so that to-day the ornamentations and accessories with which we deck our cakes are as important and varied as the cakes themselves.

A few foundation recipes, however, form the basis of all these delectable accompaniments to our most delicious cakes, and when the housewife has learned them, she will be able to produce as dainty and handsome a loaf or layer cake as any French confectioner. The matter of developing the foundation formulæ is both simple and interesting.

There are but two varieties of foundation icings: those which are made of raw materials and used uncooked, and those which require cooking. On

these two foundations are built all of the innumerable fancy or rich or delicate icings one could wish.

Of the uncooked icings, there are three divisions, as shown in the outline at the beginning of this chapter: The water icing, which is used for plain cakes, buns, coffee cakes, brioche, gingerbread, and occasionally the small patty cakes which are served with afternoon tea, or lemonade. Soft icing, which is a survival of the oldtime sugar and egg-white icing, is the second, and butter icing, which is useful both as a filling and an icing, and may be flavored variously, is the third.

Water icing, although so simple and unpretentious, is capable of many changes. It is made on a foundation composed as follows:

Foundation Formula for Water Icing

1½ cups confectioner's sugar 3 tablespoons warm water
Flavoring

Method of Preparation

Rub the sugar till free from all lumps, then add the water very gradually, using no more than is actually required for making a paste. When the icing is of the proper consistency, it will coat a spoon nicely. Flavor with a few drops of vanilla extract, lemon juice, rose, or almond. Be very careful to have the flavor very delicate. This icing may be tinted delicately with vegetable coloring; a very little pink, yellow, or green taken from the jar on

the point of a toothpick will be sufficient to produce a pleasing color. Now for the variations of the water icing.

Fruit Icings are the most popular, I think, and they are very fine and easily made. Mix the sugar (one and a half cups) with three tablespoons of orange, strawberry, raspberry, or pineapple juice, and add no water or other flavoring. The strawberry and raspberry fillings are delicious with a fresh sponge cake or rusks. Cream puffs and brioche are also very nice when iced with the fruit icing. Juices from canned fruits may be substituted for the fresh if more convenient.

Chocolate Water Icing is made by adding half an ounce of melted chocolate to the original recipe for water icing. Spread this on gingerbread if you wish a very unusual and delicious cake.

Coffee Icing. Mix the confectioner's sugar with three tablespoons of strong, clear, black coffee and add a few drops of vanilla.

One precaution must be taken when using water icings, if you wish them to be perfect. If your cake is only partially cooled, have the icing very cold when spreading it; if the cake is cool, use the icing hot, then it will not be absorbed by the cake. It may be found, too, that a little more or a little less liquid is required in blending the sugar to a thin paste; this must be determined when making the icing.

Soft Icing is perhaps the best known of the un-

cooked icings, and is made in various ways. It is a combination always of the egg white, confectioner's sugar and a little water, and flavoring.

Foundation Formula for Soft Icings

1 egg white
1 tablespoon cold water
1 tablespoon lemon juice
Confectioner's sugar to make correct consistency

Method of Preparation

Mix the egg white, lemon juice, and part of the sugar, and stir till well mixed, then add the rest of the sugar very gradually and stir constantly until the icing is fine grained and white. If beaten with the egg beater, less sugar will be required, but the finished product will not be so creamy and soft. Flavor with coffee, vanilla, almond, or as desired, but omit the lemon juice and substitute another tablespoon of cold water for it. This icing is known to confectioners as royal icing.

Ice Cream Icing is but another form of the icing and more easily made perhaps. Beat the whites of two eggs to a partial froth and then very gradually beat in a cup of confectioner's sugar and add half a teaspoonful of vanilla or almond extract. Beat the mixture vigorously, using a large egg beater and deep bowl, or a confectioner's whisk and a platter. The icing should be smooth, shining, and extremely light and fluffy when finished. Ice cream icing will never become hard on a cake, but is easily spread

over the sides and top and makes a thick, soft, delightful icing for a white cake or a layer cake.

Fruit-Fluff Icing is not unlike the ice cream icing. Beat the white of one egg to a partial froth and add half a cup of crushed strawberries, raspberries, or peaches. Do not strain the fruit, but crush it well. Beat the egg white and fruit for a few seconds, then add gradually a cup of confectioner's sugar. Beat vigorously now until the icing is thick and fluffy. This will make sufficient quantity for the top, sides, and filling of a two-layer cake. A cake iced with fruit-fluff icing should be served with a fork.

Butter Icings are a comparatively new form of the uncooked icing, and to many they are the most acceptable of all. They should never be spread on a hot cake, however, as the butter will be absorbed by the cake.

Foundation Formula for Butter Icings

2 tablespoons butter — Yolk of 1 egg
1 cup confectioner's sugar — Flavoring
Additional sugar as necessary

Method of Preparation

Wash the butter in cold water to remove the salt, then press all of the water from it, and cream it to a soft mass with a wooden spoon. Add the sugar gradually and also the yolk of one egg beaten to a froth.

Mocha Butter Icing. To the foundation icing, add three tablespoons of hot, clear, strong coffee and half a teaspoon of vanilla. Then stir in enough confectioner's sugar to make of the proper consistency to spread.

Cocoa Butter Icing. Make this like the mocha icing, adding two tablespoons of cocoa to the coffee while the latter is hot. Flavor also with half a teaspoon of vanilla.

Strawberry Butter Icing. Follow the foundation formula but omit the egg, and add instead half a cup of strawberries, crushed and pressed through a sieve. Raspberry, peach, or other fruit icings are made like the strawberry icing. It may be necessary to add more sugar in making fruit icings.

A simple form of butter icing is made by following the foundation formula, but omitting the egg yolk and adding instead two tablespoons of boiling water. If not stiff enough, additional sugar should be stirred into the mixture, which should be well beaten.

Cooked Icing. This is the second type of cake icing, and is possible of even wider developments than the uncooked. It may be transformed into various fruit icings; it may take the form of a heavy meringue; it may be colored and flavored with cocoa or chocolate, or with maple or coffee, or it may be made into a delicious caramel icing. I wish every housewife who desires to make really fine cakes and icings could be induced to purchase a syrup thermometer. With such an instrument

success is almost assured, while the more common method of testing the syrup is always uncertain. A syrup gage will tell you the exact moment when the sugar and water have cooked sufficiently.

Foundation Formula for Boiled Icing

1 cup granulated sugar	White of 1 egg
½ cup water	Flavoring

Method of Preparation

Pour the hot water over the sugar and stir till dissolved, then bring to the boiling point, and cook until a thread is formed when the syrup is dropped from the end of a spoon or fork. Beat the white of one egg to a stiff dry froth, and pour the syrup very gradually over it, beating all the time. When well cooled, flavor as desired, and spread over the cake.

This all sounds very easy, but there are pitfalls for the unwary which do not exist when making the uncooked icing. In the first place, the syrup must not be stirred during the boiling process or it will granulate and very likely turn to sugar when poured on to the egg white. Therefore, when testing it to ascertain if it has reached the threading stage, merely dip a fork into it and lift it in the air; if the syrup is sufficiently cooked, it will drop from the tines of the fork, leaving a wavy, fairylike thread behind it.

If a syrup thermometer is used, the syrup will be ready for the egg when the gage registers 238° F.

You see, there is no guesswork about the matter with such an instrument.

Then, too, when the syrup is poured over the egg white, it must be done gradually, and the mixture beaten constantly, or the egg white will be cooked, making the icing lumpy.

Meringue Icing is the first and most popular variation of the boiled icing. To make this perfectly is not difficult after one has mastered the plain boiled icing. Mix together a cup of granulated sugar, one fourth of a teaspoon of cream of tartar, and one fourth cup of hot water, stir until the sugar is melted, then boil as directed before. When the thread stage has been reached, pour the syrup over the well-beaten whites of two eggs, beating constantly during the process. When creamy and thick, stand the bowl in a pan of hot water on the range and continue beating until the egg white looks cooked, but before the icing begins to grain, remove from the fire. Beat till partially cool, then spread on the cake, which should also be cooled or cold.

A cup of grated cocoanut added to the meringue will transform it into a most delicious cocoanut icing. The top and sides of the cake should be sprinkled with cocoanut before the icing is dry.

By adding half a cup of chopped almonds, half a cup of chopped seeded raisins, and five figs, cut in small pieces, the correct filling for a Lady Baltimore cake will be obtained.

Strawberry Meringue. Add a cup of berries cut in quarters when the icing is nearly cold.

Chocolate Meringue is made by adding a square of unsweetened chocolate, dissolved over boiling water.

Pineapple Icing is very pleasing and is made on the same foundation recipe as the meringue, except that grated pineapple, with its juice, is substituted for the water. Boil together half a cup of grated pineapple with juice, and a cup of granulated sugar, until the thread stage is reached. With a syrup gage this will mean 217° F. Then pour over the stiffly beaten whites of two eggs. Beat vigorously till partially cool, then add a teaspoon of lemon juice.

Marshmallow Icing is made by adding one half a pound of marshmallows, cut in small pieces and partially melted in two tablespoons of boiling water, to the syrup when the thread stage is reached. Then proceed as in the foundation boiled icing recipe. Spread over a white cake and ornament it with marshmallows cut in quarters.

Caramel Icing is another form of boiled icing which is capable of many variations. It is made in the following manner:

Foundation Recipe for Caramel Icing

3 cups light brown sugar
½ cup milk or cream
1 tablespoon butter
½ teaspoon vanilla

Method of Preparation

Boil the first three ingredients together until the mixture will form a ball when tried in cold water. Flavor with half a teaspoon of vanilla, and beat until it begins to thicken. Place the saucepan containing it in cold water during the beating process. This icing is spread between the layers and on top of the cake.

Nut Icing is made by adding a cup of chopped hickory nuts, walnuts, or pecans to the caramel icing. Decorate the cake with halved nuts when nut icing is used.

Coffee Icing. Add two tablespoons of strong, clear coffee to the caramel icing just before removing it from the range. Flavor with vanilla, as the combination of coffee and vanilla is very pleasant and delicate.

Maple Icing. Substitute maple sugar for one half the quantity of brown sugar, and proceed as directed in the foundation formula.

Chocolate Fudge Icing. Add two squares of unsweetened chocolate to the ingredients for the caramel icing, and boil until the soft ball stage is reached. Then remove from the range and beat till thick. Flavor with vanilla.

Before leaving the subject of cake icings, I want to describe several fillings for layer cakes which are extremely good and which will be appreciated by those who enjoy fine cakes. The first is an old-time

lemon honey that is so refreshing and delicate that it is always a favorite, whether made in summer or winter. This sweet may be made in larger proportions and packed away in small sealed glasses. It is very nice on hot biscuits, or spread between thinly sliced buttered bread for afternoon tea.

Lemon Honey. Mix together the grated rind and juice of one lemon, a cup of granulated sugar, a heaping tablespoon of butter, and one well-beaten egg. Cook over hot water until the mixture thickens, stirring constantly. Then pour into glasses, or cool and spread between the layers of a cake.

Orange Honey is made in the same way.

Strawberry Cream is quite as delicate as the foregoing. This is especially nice to serve with sponge cake as a dessert, though it may be used for a filling as well. Beat the white of one egg to a stiff, dry froth, and add a cup of crushed strawberries. Beat again, adding gradually a cup of confectioner's sugar. When fluffy, whip in one cup of stiffly beaten cream. Add a few drops of vanilla.

Marlborough Filling. Grate one large apple, after peeling it, then add to it the grated rind and juice of a lemon, one and a half tablespoons of butter, pinch of salt, one fourth of a cup of water, and a cup and a fourth of granulated sugar. Cook till thick, cool, and spread between the layers of a cake.

There are two other methods of finishing a cake of which I have said nothing, because they are scarcely to be regarded in the chapter on icings.

However, as they take the place of the icing, they may be classed with them. The first of these is simply a coating of confectioner's sugar sifted thickly over the cake after the latter has been brushed with the unbeaten white of egg. This is a nice way in which to finish a plain cake or a fresh sponge cake, or a jelly roll.

The second way is to sift granulated sugar over the cake rather lightly, just before placing it in the oven to bake. When the cake is finished, it may be placed at the top of the oven for a few moments to glaze the sugar. So finished, a cake will have a delightful sugary surface. Gingerbread is especially nice glazed in this manner. Halved almonds or pecans may also be placed on a cake which is to be finished with the sugared top, and will add greatly to its deliciousness.

CHAPTER IX

OMELETS

FOUNDATION: EGGS — LIQUID — SEASONINGS

- Omelets
  - Plain
    - Omelet with Bacon
    - Oyster Omelet
    - Omelet Soufflé
    - Jelly Omelet
    - Bread Omelet
  - French
    - Spanish
    - Ham
    - Tomato
    - Parsley
    - Asparagus
    - Crouton

The good housewives of our great grandmothers' time were famous for their omelets; they called them "amulets", however, and it was no uncommon thing to use a dozen eggs or thereabouts in the making of quite an ordinary omelet. Cream and butter in large quantities were considered essential to a good omelet, but I doubt very much whether these extravagantly made dishes were very much better, or even as good, as the flaky, golden-brown, and puffy omelets which are possible to-day with only a small proportion of the number of eggs and other ingredients which were used in the olden days.

Eggs are necessary, of course, for as the Spanish say, "one cannot make omelets without breaking eggs", and the eggs used in such a dish should not only be above suspicion, but should be just as fresh as it is possible to secure them. There are omelets of all kinds: spicy, sweet, pungent, fluffy, and plain; there are omelets flavored with cheese, and omelets in which jam or marmalade is used as a flavor. There are dainty dessert omelets, appetizing breakfast omelets, and all sorts of omelets between, each a marvel of tastiness in its own especial way.

It will surprise one who is not versed in omelet making to learn that all of these omelets, whether plain, fancy, or fluffy, with or without embellishments, are made by one or the other of the two foundation formulæ which will follow shortly. But this is true, nevertheless; there are but two forms of omelet and all of the variations which one may name are comprised in one or the other of these types.

These two classes are the plain and the French omelets, and even in these two forms the difference is but slight. In the plain omelet, the yolks and whites of the eggs are beaten separately to a stiff froth, then mixed and added to the other ingredients. The yolks and whites are beaten together in making a French omelet.

Foundation Formula for Plain Omelet

4 eggs
4 tablespoons water
2 tablespoons butter
½ teaspoon salt
¼ teaspoon pepper
Paprika

Method of Preparation

Beat the whites of the eggs to a stiff froth and the yolks to a light foam, add the seasoning and water to the yolks, then whip the whites in gently. Melt two tablespoons of butter in an omelet pan or a clean, smooth frying pan, and pour in the omelet mixture. Cook very gently for several minutes; when the mixture seems set, run a pliable, broad-bladed knife under the edges, allowing any of the liquid which has not already become cooked to run under the cooked portion. When a knife thrust into the center of the omelet will come out clean, it is cooked sufficiently. Cut across the center and fold with the broad knife or spatula. Turn out on a hot platter and serve immediately. An omelet must always be served the moment it is finished. A few seconds' delay is fatal to its appearance.

A plain omelet such as I have described will be an excellent dish for breakfast or luncheon, or it may be used as a foundation for any one of a number of other tempting omelets. It may be served with a garnish of broiled bacon or with a filling of smoked beef, finely shredded and sautéd in a little butter.

Oyster Omelet is very good for supper or luncheon. Make a plain omelet and also prepare a pint of oysters in a white sauce (see chapter on sauces) and when the omelet is ready to fold, place a few of the oysters and a little of the sauce over the surface.

Then fold, and turn out on a hot dish. Pour the oyster sauce about it and garnish with fingers of toast.

Chicken, veal, or any left-over meat may be used in the same way. Vegetables are also nice served in a white sauce in a plain omelet.

Jelly Omelet. Make the plain omelet and spread it with softened jelly, jam, or marmalade, then fold. Sift powdered sugar over the omelet when serving. Omit the pepper in a sweet omelet of this sort.

Rum Omelet. Make the plain omelet, adding one fourth of a cup of powdered sugar and omitting the pepper. Cook the omelet as usual and, when finished, pour a few tablespoons of rum over it just before sending it to the table, sprinkle with powdered sugar, and set fire to the rum. This is a very nice dessert for a company luncheon.

Omelet Soufflé. If one wishes to serve a very elegant and delicious dessert, omelet soufflé will be very appropriate and it is not at all difficult to make, although usually regarded as a dish for chefs and not for housewives to undertake. It is but a variation of the plain omelet. Beat the whites of four eggs to a stiff, dry froth, and the yolks with two or three tablespoons of powdered sugar until light and nearly white. Flavor with one half a teaspoon of vanilla extract and add one fourth teaspoon of salt. Mix the whites of the eggs very lightly with the yolks and sugar, and heap the mixture into a buttered pudding dish, a tablespoon at a time, piling it toward the center. Sift powdered sugar over the whole and

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1. Pouring the Omelet Mixture into the Pan. 2. Adding the Filling. 3 and 4. When the Omelet is Finished Turn out on a Hot Platter. 5. Garnish with Parsley and Serve at Once

bake for ten minutes in a moderate oven. Serve immediately, for the omelet will soon fall.

Bread Omelet. Soak half a cup of bread crumbs in milk for fifteen minutes. Then add the yolks of four eggs beaten lightly, the seasoning, and lastly the stiffly beaten whites of the eggs. Cook as usual. This is the only omelet with which I am familiar that will stand for some time without falling.

French Omelet is more simple of preparation than the plain. It is made by the same formula.

Foundation Formula for French Omelet

4 eggs	½ teaspoon salt
4 tablespoons water	¼ teaspoon pepper
2 tablespoons butter	Paprika

Method of Preparation

Beat the eggs lightly without separating them, add four tablespoons of warm water and the seasonings. Melt the butter in an omelet pan or clean, smooth frying pan and pour in the mixture. Allow the omelet to cook for a few moments until a film of cooked egg has formed in the bottom of the pan. Then, with a spatula or flexible knife begin at the side nearest you to lift the omelet gently. Tilt the pan so that the fluid will run under the cooked portion; repeat this process until all the mixture is cooked. Now run the knife about the edge of the pan to loosen the omelet, and fold it over in the center. Slip from the pan to a hot platter and garnish with parsley or water cress. A sauce poured

about the omelet will add to its tastiness and appearance. Tomato, oyster, sauce piquante, Spanish sauce, or any of the other sauces described in the chapter on sauces, which seems desirable, may be served with a French omelet. When one has learned to make a perfect omelet of this style, many variations and developments of it will occur to one. Here are just a few that are especially popular.

Spanish Omelet. Make the omelet as described, but before folding, spread with the following mixture and serve with the rest poured about it:

Spanish Sauce for Omelet. Cook two tablespoons each of finely chopped onion and green pepper in two tablespoons of butter till a light brown, then add two cups of tomatoes (canned or fresh) and cook till thick. This will require about half an hour. Now add three large mushrooms, cut in small pieces, and season with salt and pepper and a few grains of cayenne.

Tomato Omelet. Slice ripe tomatoes in thick slices, after peeling them, then cut the slices in halves, dip lightly in flour and cook in a little butter till brown; season nicely. Make the French omelet and place the fried tomato slices between its folds and about it on a hot platter.

Ham Omelet. Chop cold boiled ham very fine and mix it with a few finely chopped olives or small pickles. Make the French omelet as usual, but spread with the ham mixture before folding. Garnish with small pickles sliced lengthwise.

Asparagus Omelet. Cut cold cooked asparagus in small pieces and heat in a little white, drawn-butter or Hollandaise sauce. Spread over a French omelet and fold. Reserve a few asparagus tips for garnishing the omelet. Cauliflower, peas, lima beans, or other vegetables may be used in the same way in varying the omelet.

Crouton Omelet. Fry a cup of cubes cut from stale bread in butter or dripping till a rich brown on all sides and well crisped. Mix the eggs, water, and seasoning together, then add the croutons and cook as usual.

Chicken Liver Omelet. Make the French omelet and, before folding, add a cup of chicken livers which have been boiled and cut in very small pieces, then browned in butter. Garnish the omelet with water cress.

Frizzled Beef Omelet. Tear into shreds enough dried beef to make one cup, frizzle it in butter for a few moments, then place between the folds of a French omelet.

Bacon Omelet. Make the omelet as directed, using bacon fat instead of butter for frying it, and garnish with slices of crisply fried bacon.

Cheese Omelet. Scatter grated cheese over the French omelet before folding, sprinkle grated cheese over the folded omelet and serve at once.

Crab meat, shrimps, sardines, or lobster may all be used in giving variety to an omelet. Chopped chives or parsley scattered between the folds of an

omelet will make an appetizing luncheon or supper dish.

Before leaving the subject of the omelet, there are a few details which I would like to discuss more definitely. One is the question of the liquid to be used in their making. Many cooks advise milk, a few declare that cream is essential to a good omelet, and there are others who believe that an omelet is lighter and more delicate and tender if made with water. After many experiments with these various liquids, I have decided in favor of the third liquid. An omelet made with water seems more digestible and puffy than when either milk or cream is used.

Great care must be used in cooking an omelet; therefore I would like to advise the use of an omelet pan whenever possible, for the mixture is so much more easily handled when such a utensil is used. But even without one, perfection may be attained if the proper care is taken. The pan in which the omelet is to be cooked must not merely be clean, but must be smooth and even. It is a good plan to sprinkle the pan with coarse salt before beginning the omelet, and then with a clean, dry cloth to rub it thoroughly with the salt. When it is as smooth as glass, brush the salt from it and the pan is ready for use. Do not wash it again, simply drop the butter into it and let it melt slowly. Then pour in the omelet mixture.

CHAPTER X

FOOD PRODUCTS CLASSIFIED BY PRINCIPLE

MEATS: ELEMENTS — WHOLESOME MEATS — SURFACE SEARING — SEASONING

- **Meats**
  - **Tender, fine-grained, expensive cuts**
    - **Roasts**
      - Beef: Rib; Sirloin
      - Mutton, Lamb: Leg, Shoulder, Crown and Saddle
      - Pork: Chine; Spare Rib; Shoulder
      - Veal: Loin; Shoulder
    - **Steaks**: Tenderloin; Sirloin; Porterhouse; Round
    - **Chops**: Rib; Loin; Leg
    - **Cutlets**: Leg
  - **Coarse-fibered, juicy, but tough cuts**
    - Beef: Round; Rump; Chuck; Brisket; Shin; Flank; Neck
    - Mutton and Lamb: Neck; Breast
    - Veal: Breast; Neck
    - Pork: Ham

The food products which were treated in the preceding chapters of this volume were classified by foundation formulæ; those which will now be considered are classified by principle, for just as there are certain basic rules governing the making of certain dishes and groups of foods, so there are principles which, when learned, will teach the housewife how to prepare various other foods not included in the first groups.

It would be a difficult matter to form a foundation recipe for the roasting of a piece of beef, but there are principles which determine the correct cookery of this product and others in the same class which greatly simplify their preparation. These principles of cookery divide the food products which they govern in almost as complete a manner as the foundation formulæ divide food products of the first division. In the following chapters, meats, vegetables, and desserts will be treated in such a manner that the housewife may comprehend the subjects clearly and easily.

Meat is the most important article in our diet, for it supplies the protein which is the property that builds muscle and makes tissue; its fat furnishes energy, and the nitrogen, carbon, oxygen, and minerals which are contained in our roasts and chops and stews are very necessary to the well-being of the body.

Beef, which is the flesh of the steer, cow, or ox, is

used to a greater extent than any of the other flesh foods; it is exceedingly valuable, as it contains a large amount of nutrition. Veal is the flesh of a calf from four to six weeks old; it is the least valuable of all the meats that we have, and is perhaps the least popular. It is rather difficult of digestion, and requires the utmost care in preparation to make it wholesome.

Mutton is a very wholesome meat, but because of a prejudice against its sometimes peculiar flavor, it is not as popular as lamb, which is very delicate, but rather costly. Mutton is a very nourishing and necessary meat nevertheless.

Pork is the flesh of the pig, and while this meat is difficult of digestion if not well cooked, it has a distinct food value. Cured pork, hams, bacon, and shoulders are widely used and make the most appetizing of foods when correctly prepared.

When purchasing meat, it is well to remember that beef should always be firm, fine-grained, bright-red in color, and well mottled with fat of a firm texture and somewhat yellowish color. Veal should be pinkish in tint with white fat.

Mutton and lamb, when they are at their best, are fine-grained and of a bright pinkish tint. Lamb is distinguishable from mutton in that the bones are reddish in color, while in mutton they are white.

For the housewife's convenience and to simplify for her the method of preparing them correctly for the table, all meats have been divided into two

classes: the tender, fine-grained meats, which are taken from the least muscular parts of the animal, and the coarse-fibered sections, which come from those portions which are most used and therefore most muscular and tough. The first class is selected for roasting, broiling, and pan broiling; they are more quickly prepared than the second class and are far more expensive.

The meats contained in the second division, while tough, are exceedingly juicy and nutritious; they are cheaper in price than the others, but require more attention in their preparation.

All meat cookery is governed by two foundation principles:

Tender, fine-grained meats	Quick surface searing Intense heat No water Season after cooking
Coarse, tough meats	Quick surface searing Long slow cooking Small amount of water Season while cooking

When the housewife thoroughly understands these principles and the reasons for them, she will be able to place upon her table a dish of nourishing, tasty, well-cooked meat, whether it be an expensive steak or roast, or a modest stew, for these simple principles cover the entire field of meat preparation.

When one has learned how to roast a piece of beef properly, the whole secret of roasting meats, or poultry, has been mastered, and so with broiling and

pan broiling. The same principle covers all cookery of tender meats.

The surface is seared by intense heat to seal the pores and keep the juices from escaping, then the meat is cooked quickly, because, being tender, it would harden and much of its nourishment would be lost if it were allowed to remain in an intense or even a moderate heat for a long period. It is not seasoned until the cooking is finished, because salt would draw the juices from it, and in the case of tender meats, all of these juices should be retained in the flesh ; we do not wish them to enrich the gravy.

No water should be added in the cooking of tender meats, as water would tend to steam them, and the crisp brown effect that we wish would be lost. Occasionally, however, when a roast is rather lean, a little water may be added after the first half hour of roasting.

In preparing the tough, muscular portions of meat for the table, long slow cooking is desirable. In making soups, as was explained in the chapter on that subject, the meat is not only placed in cold water over the fire, but it is permitted to soak in the water for a period before cooking, in order to draw the juices from it, for in that type of cooking we are seeking to obtain an essence of the meat, and the meat itself is sacrificed to accomplish this purpose.

But when the coarser fibered meats are prepared for the table, we wish not only to obtain an essence in the shape of a rich gravy, but we intend to serve

the meat also, and so a different method of procedure is necessary. The meat is seared to force it to retain the greater part of its juices, and it is then cooked very slowly in a small amount of water to which salt has been added. In this way we attain the desired effect. The meat is still juicy when it is finished, because of the searing; it is tender because of the long, slow cooking, and the gravy is rich both because of the slow cooking and because salt has been added to the meat at the outset and has drawn out enough of the juices to insure this.

The best and most expensive cuts of meat are selected for roasting, broiling, or pan broiling. The cheaper, coarser portions are made into stews or soups, or they are simply boiled and served with any preferred sauce.

Beef is usually served rather rare, mutton is sometimes preferred rare also, but veal and lamb should be thoroughly cooked to be wholesome. Pork, too, must be very well done to be digestible.

To roast beef perfectly, it should be given fifteen minutes to the pound and an additional fifteen minutes. Mutton requires the same length of time. Veal and lamb require twenty minutes to the pound and an additional fifteen minutes; pork must be cooked from twenty to twenty-five minutes to the pound with the additional fifteen minutes. This extra time is allowed for the meat to become thoroughly heated before beginning to calculate the time of the roasting.

As to the selection of meat, the outline at the beginning of this chapter will give you a fair idea of the various cuts. In beef, a rib roast is the finest cut; the tip of the sirloin is best for a small family, the rib roast is the fattest, and the back of the rump, which is a coarse-fibered cut, is excellent for a very large family, if it is carefully prepared.

In mutton or lamb, the leg or shoulder is usually selected for roasting, though sometimes the saddle is purchased, and occasionally, when one is entertaining, a crown roast which is formed from the rib chops, shaped in a semicircle, the ends of the bones scraped and trimmed evenly and neatly, is preferred.

In veal, the loin, shoulder, or breast will make the best piece for roasting, and in pork the chine and spare ribs which correspond to the loin in lamb and veal, or shoulder, are selected.

The following rules for roasting meat never vary, whatever the variety of meat:

Wipe the meat with a damp cloth;
Place in a roasting pan, skin side down;
Sprinkle with a very little flour;
Place in a hot oven;
Lower the heat when meat is brown on all sides;
Baste with the fat that collects in the pan;
Add no water until half done;
Take up the meat on a hot platter.

Many housewives feel that meat must be washed; I have even known them to allow it to stand in cold water for a time, but this is always a ruinous mistake. Purchase your meat in a shop that sells only

government inspected meat, then it will not be necessary to wash or cleanse your roast in any way except to wipe it carefully with a dampened piece of cheesecloth. Do not salt it when preparing it for the roasting pan, as salt will draw out the juices and make the meat tasteless and lacking in nutriment. Sprinkle the meat with a little flour, because the flour browning with the fat that will flow from the meat as it roasts will provide a richly tinted gravy.

Add no water to the pan, as water will cause the meat to steam and stew, and instead of a crisp, smoking, deliciously nourishing roast, you will have a tough, watery, colorless piece of meat that will prove very disappointing. In roasting veal or lamb, or any lean meat, it is well to place a piece of salt pork on the meat to provide sufficient fat to brown it well.

Place the meat in a hot oven because the outer surface of the roast must be sealed as soon as possible, preventing the rich juices from escaping into the roasting pan. As soon as the surface has become seared, and the flour a nice brown, then the heat of the oven may be reduced, and the roasting continued more slowly.

When the meat has cooked for about half the length of time required, a cup of boiling water may be poured in the pan if necessary, and the roast should be basted at least four times during the process of cooking it. At the last basting, it may be seasoned with pepper and salt.

Take the meat up on a hot platter and keep hot while making the gravy. Serve on hot plates, also. When the meat is perfectly roasted, it will be a rich brown on the outer surface, and if beef or mutton, the slices will show a reddish tint as the knife cuts them thinly and evenly.

Never make the error of mistaking raw meat for rare meat; rare meat is cooked throughout, but still retains its rich red juices and is of a reddish tint. Raw meat on the other hand will drag as the knife goes through it, and will be of a purplish red tone. Meat which is not sufficiently cooked is unwholesome.

Veal and lamb should show no hint of red when carved. Steaks, chops, and cutlets are of the first, or tender, fine-grained, class of meats, and should be cooked like the roasts in intense heat to sear the outer surfaces and prevent the escape of the juices.

Each of the varieties of meat which I have just named is cooked in the same way. They are either broiled, or pan broiled, according to the following directions:

Wipe the meat with a damp cloth;
Trim off superfluous fat;
Heat the broiler or frying pan very hot;
Rub it with a piece of fat;
Place the meat on the broiler or in the pan;
Cook the meat four minutes;
Turn and cook four minutes on reverse side (if very thick steak, longer time will be required);
Serve on hot platter with melted butter, salt, and pepper.

If the meat is to be broiled, it should be placed about one inch from the flame at first, in order that it may be seared quickly, then it may be finished farther from the flame. Steak cut thicker than one inch will require ten minutes to cook properly, if it is desired rare. The length of time necessary must be gaged by the thickness of the meat.

When finished and placed on a hot platter, the meat, whether it be steak, chop, or cutlet, may be dressed to suit the palate. The simplest way is to pour a little melted butter over it, with a liberal sprinkling of salt, pepper, and paprika. Worcestershire sauce or walnut catsup is often used with broiled meats, and adds a very pleasant, pungent flavor to them. Several of the sauces described in Chapter VI may also be used as a dressing; mushroom, creole, tomato, piquante, figaro are all tasty, appetizing accompaniments to such a dish.

Maître d'hôtel butter is always popular with steak; it is made by creaming a tablespoon of butter with a teaspoon of chopped parsley and a teaspoon of lemon juice. Broiled pork chops, with sauce piquante, are unusual and very good. Mutton chops with tomato sauce or veal cutlets with sauce creole, and lamb chops with currant jelly sauce will all be liked for their deviation from the ordinary.

The cheaper, tough, or coarse portions of beef or mutton are more troublesome to prepare than those just discussed, but they yield quite as much nourishment and are well worth the extra labor required in

their cookery, because of their lower cost. Stews, ragouts, braised dishes, pot roasts are all very similar and are adaptable to either beef, mutton, lamb, veal, or lean pork.

These less expensive, coarse-grained portions of meat are taken from those sections of the animal most frequently used and are more muscular than the fine-grained, tender portions. The muscular parts of the meat are filled with veins and are very juicy, though the fibers of meat are tough. Therefore, in order to obtain the juices from this type of meat, as in making soup, it must be placed in cold water and brought very slowly to the boiling point, and during this process, the juices are drawn into the water. But when these coarser portions of meat are prepared, not as a soup, but in a dish in which the meat itself is to be served, then the juices must be prevented, in part, from escaping.

To accomplish this, the meats are seared as for roasting, which seals the surface; they are then cooked very slowly; if boiled, merely simmered, and if stewed, or braised, are given only a very gentle heat, so in the end they are both tender and juicy. As the gravy is a conspicuous feature of these dishes, the meat is salted early in its preparation so that a sufficient quantity of the juices is drawn from it to insure richness in the liquid about it.

Stews, ragouts, braised meats, and goulashes are all very similar, and any of the tougher portions of beef, mutton, veal, or lamb may be used in their

making. These dishes may be prepared on top of the range or in the oven, and various vegetables may be used in combination with them.

Irish Stew correctly made may have for its foundation a piece of meat from the breast, neck, or shoulder of beef, mutton, or lamb, weighing a pound and a half. Wipe it with a damp cloth and trim it neatly, then cut in pieces of a convenient size for serving. Dip each piece of meat in a little flour, and sear it all over in a hot frying pan which has been rubbed with a piece of fat. Two onions, two carrots, two turnips, and four potatoes are also required for the stew. When the meat is seared and browned, place it in a kettle which has a tightly fitting cover; then peel and slice the onions, brown them in a spoonful of drippings, and add them to the meat; pare and cut the carrots and turnips into neat cubes, brown, and add also to the meat. Pour a pint of boiling water over the meat and vegetables, cover closely, and place at the back of the range where they will merely simmer for two hours. Stir occasionally and season at the end of an hour with a level teaspoon of salt, one fourth a teaspoon of black pepper, and a liberal dash of paprika. Cut the potatoes in quarters and add to the stew after two hours, and continue cooking, but more rapidly now, until the potatoes are done. If desired, add a teaspoon of Worcestershire sauce or catsup to the stew. If the meat has been floured and browned sufficiently at the beginning of the preparations,

the gravy will be quite thick and brown enough. If wished slightly thicker, a tablespoon of flour and water blended together may be added, also more seasoning if required.

If you wish to serve the stew with dumplings, make them as described in Chapter II, place over the meat and vegetables, and cover the kettle closely. Cook rapidly for ten to twelve minutes. Serve the stew on a hot platter, the meat in the center, the vegetables grouped about it, and the dumplings placed on the meat.

Ragouts are much like stews, except that veal is as often used in their making as the other meats. In making a ragout from beef or mutton, select a piece of meat as described in the formula for stew. If veal is selected, a portion from the breast or shoulder will answer nicely. Cut the meat into three-inch cubes, and flour it well. Brown in a tablespoon of drippings and sprinkle with a tablespoon of flour. Cook till the flour is brown. Now add a cup of boiling water and cover closely. Peel four carrots and cut them in balls or dice, peel and slice three onions, and cut three sprigs of parsley in bits; add these to the ragout. Simmer for an hour and a half, then add a cup of fresh or canned peas, rinsed in cold water, and four potatoes, pared and cut in quarters. Season with salt and pepper to taste and sprinkle with paprika. Add more boiling water if necessary. Cook for three quarters of an hour longer. This dish may

be made in a casserole and served from the same dish.

Goulash. This is very much like the other dishes named, except that a green pepper or two and a cup of strained tomato juice are added with the other vegetables. Following is a recipe for a very excellent goulash: Cut in cubes a pound each of lean veal and beef, also one fourth of a pound of salt pork. Fry the pork till brown, then add one large onion cut in slices. When the onion is brown, remove it from the fat and place the meat, well floured, in it. Turn frequently so that it may be seared on all sides. When brown, cover with three cups of boiling water. Cover and simmer slowly for an hour, then add two large carrots cut in small dice or balls, six small white onions, a small piece of bay leaf, one clove, and one green pepper freed from all seeds and cut in small pieces; also four potatoes cut in balls or cubes. Simmer for an hour and a half, then serve garnished with small halved pickles and parsley.

Braised Meat is usually made from beef, though any of the other varieties would answer quite as well. Select a piece from some solid portion of the animal and pierce it in several places with a knife. In each of the holes so made place a strip of fat pork. Then lay the meat in an earthen pan with a piece of bay leaf, a sprig of thyme, a sprig of parsley, a small bit of mace, half a carrot, half a turnip, and a wine glass of vinegar. Cover with boiling water, and add a quarter of a teaspoon of pepper. Cover

closely so that no steam may escape and cook in a moderate oven for three hours. At the end of this time, take the meat up, serve on a hot platter; strain the gravy and pour it about the meat or serve it in a sauce boat; add more seasoning if necessary.

Coarser and cheaper portions of beef, especially from the leg or flank or neck, are very useful when finely chopped and made into various dishes. These portions will be chopped to your order in any first class butcher shop. I would never advise buying the chopped meat which is already prepared; select the piece that you desire and have it prepared to your order. Many housewives prefer the top of the round for this purpose, but it is far more costly than the flank or neck, and if the latter sections are put through the chopper twice and ground with a very fine knife, they will be found quite good for every purpose where chopped meat is required. It is always a good plan, too, to have an ounce of suet chopped with each pound of beef; this will add to the tenderness of the finished dish. It will also give it a better flavor.

Planked Hamburg Steak is as fine a dish as any more expensive cut. Purchase two pounds of the flank of the beef and have it chopped as fine as possible with two ounces of suet. Place it in a mixing bowl and add a teaspoon of salt and a saltspoon of pepper, also a dash of paprika. In these dishes of chopped beef it is necessary to season the

meat before cooking, but the surface is so quickly seared that not a great deal of waste occurs. Mix well, and make into a flat cake about an inch thick. Place on the hot greased broiler and broil as directed for steaks, on one side only. Heat an oak plank very hot and rub it with a piece of fat. Then turn the steak, cooked side down, upon it, arrange a border of mashed potatoes about it, and place a boiled onion or a stuffed pepper or tomato at intervals in the potato border. Place in an oven hot enough for roasting, and cook until the potatoes are a golden brown and the steak done sufficiently. Garnish with parsley and small radishes and serve on the plank. With a salad and dessert, this dish will form a hearty dinner.

Creole Meat Loaf. Again the chopped beef is put to use in this dish. But with it are used chopped veal and salt pork. One and a half pounds of chopped beef, one half a pound of chopped veal, and one fourth a pound of salt pork, also finely chopped, are necessary for the loaf, with one chopped onion, one chopped pepper, and one pimento cut in strips. Also a teaspoon of salt and half a teaspoon of pepper with a liberal dash of paprika are added. Mix all of the ingredients except the pimento. Grease a bread pan and pack one half the mixture into it solidly, so that no air spaces are present. Then place the strips of pimento on the meat lengthwise and cover with the rest of the meat. Bake in a hot oven forty minutes, then turn out on a hot platter

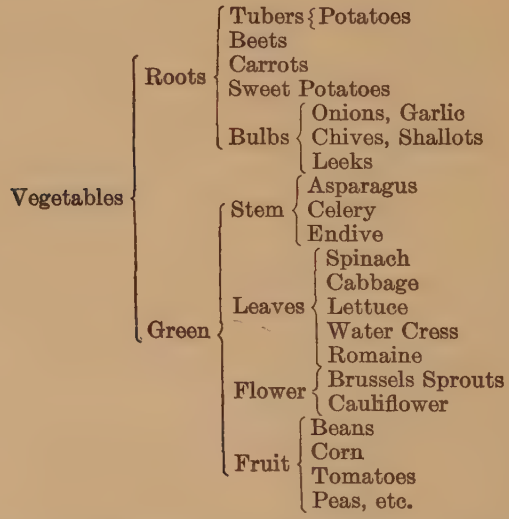
and serve with tomato sauce, made with drippings in the pan in place of butter.

Rosette Steaks. Have the butcher prepare a flank or skirt steak as usual, then ask him to roll it closely like a jelly roll, placing a few strips of bacon in it. Cut the steak in inch and a half pieces, and broil nicely on both sides. Now arrange in a baking pan and finish in a hot oven. Season and serve on a hot platter with any preferred sauce.

CHAPTER XI

THE PREPARATION OF VEGETABLES

ELEMENTS: RAPIDLY BOILING WATER. GREEN VEGETABLES SALTED WHILE COOKING. ROOT VEGETABLES AFTER COOKING



Vegetable cookery is often slighted because to many housewives the preparation of a simple dish of boiled or mashed potatoes, or the cooking of a

cabbage appears so unimportant a matter that to give it a great deal of attention would seem a waste of time. Hot or cold water, whichever may be most convenient at the time, is poured into the saucepan, salt is added or not, regardless of the type of vegetable which it contains, and the cooking is either continued so long that the vegetable becomes tasteless and water-soaked, or else the saucepan is removed from the fire long before its contents have cooked sufficiently, and as a consequence the vegetable is served in a half-raw state.

There are few things more unappetizing than a dish of soggy potatoes, or cabbage which has been boiled until it is red and strong, or tough, half-cooked peas or beans, and it is entirely unnecessary to place such products upon our tables. It is a very easy thing to prepare vegetables in an appetizing, wholesome way if one understands the clear and simple principles of this form of cookery. A well-cooked potato or turnip or any other variety of vegetable, dressed with one of the sauces described in Chapter VI, will make a dish fit for an epicure, but one which even a novice in cooking may prepare.

All vegetables are divided into two large classes. There are the root vegetables and the green vegetables. Each of these classes is again subdivided, as is shown in the outline at the beginning of this chapter. The root vegetables comprise the tubers and bulbs; the green vegetables, those of which the stem, leaves, flowers, or fruit are eaten.

In composition, all vegetables contain a large percentage of water, also some protein, some carbohydrates, and some mineral matter; they are an extremely valuable factor in our diet. Root vegetables are more rich in the carbohydrates (sugar and starches) than the green varieties, but the latter contain more of the mineral salts which are distinctly beneficial to the system.

While the method of cookery differs somewhat with the various classes of vegetables, there are foundation principles which underlie the preparation of both the large divisions, and these are absolutely undeviating.

All vegetables should be cooked in rapidly boiling water.
All green vegetables should be salted as soon as they are placed in the boiling water.
All root vegetables should be salted only when the cooking is finished.
When vegetables are to be baked, they should be placed in a very hot oven.

Although occasionally various types of the root vegetables are baked or fried, and although many of the green vegetables are frequently, if not always, served uncooked, the accepted manner of preparing vegetables for the table is by boiling them. They may be dressed in diverse ways when they make their appearance on the table, but they are almost invariably boiled first, then finished as desired. Therefore, it is important that the proper method of boiling the vegetables be ascertained, and the first of the three foundation principles tells us that

all vegetables should be put over the fire to cook in rapidly boiling water.

Root vegetables are built upon a woody structure or foundation which forms their bulk; this is called cellulose. Cellulose, which is of starchy formation, is insoluble except in boiling water. Therefore, to place a potato or other vegetable which is so constructed in cold or even warm water and allow it to reach the boiling point gradually, will permit the starchy frame to become soaked with the water before it dissolves, and the result cannot help but be watery, soggy, and indigestible. The rapidly boiling water immediately bursts the starchy cells and the vegetable when cooked is dry and mealy and delicate.

In green vegetables, the boiling water is required to preserve the flavor, mineral salts, and color.

The second principle in vegetable cookery concerns the question of salt. Green vegetables, we are told, must be salted as soon as put over the fire to cook. This is also done in order that the flavor, minerals, and color may be retained. On the other hand, salt added to those vegetables which ripen under the surface of the soil will cause the minerals to escape and make the vegetables tough.

Having learned the art of boiling vegetables perfectly, it is a simple matter to serve them in almost any way that one desires. With the addition of a well-made sauce, a dish of plain boiled cabbage becomes a delicacy; a boiled turnip served à la

Bechamel is worthy a French chef, but the least experienced housewife may undertake it fearlessly.

When one knows how to mash white potatoes so that they are snowy and creamy, mashed squash, carrots, sweet potatoes, parsnips, or any other vegetable may be prepared in the same manner just as successfully.

Boiled Potatoes for Mashing. Scrub the potatoes with a small brush and pare them thinly, as much of the mineral salt lies next to the skin. Place in rapidly boiling water and cook till they may be pierced with a fork. Now drain and shake the saucepan in the open air for a few moments to make the potatoes mealy. Mash them well, so that not a single lump remains, then add butter, salt, and pepper in proportionate quantity to the number of potatoes. Beat well, adding gradually enough scalded milk to make them soft and creamy. Whip with a fork until as light and white as possible. Any other vegetable which is to be mashed is prepared in the same manner.

Duchess Potatoes for placing around a planked steak or fish are made by adding one well-beaten egg to three cups of mashed potatoes, then whipping vigorously with a fork.

Potatoes Boiled in Their Jackets. This is the most economical way of cooking this vegetable for most purposes. Scrub and cook as in the preceding formula. When nearly done, throw in half a cup of cold water. This will check the cooking of the

vegetable on the outer surface, but the heat which it contains will cause the cooking to continue in the center. By the time the water has again reached the boiling point, the potato will be tender throughout. Plain boiled potatoes in their jackets may be used in many ways; they may be fried, creamed, made into a salad, or as an au gratin dish.

Au Gratin Dishes, whether of potatoes, cauliflower, celery, cabbage, onions, or other vegetables, are prepared in the same way. Left-over vegetables will answer quite as well as those freshly boiled for this purpose. Make a white sauce as directed in the chapter on sauces and break or cut the vegetable into cubes or slices. Butter a baking dish and arrange a layer of the vegetables in it, sprinkle with salt, pepper, and paprika, then place a layer of white sauce over it, then another layer of vegetables. Repeat until the dish is full, then cover the top of the dish with a layer of soft bread crumbs, dot it with bits of butter, and sprinkle thickly with grated cheese. Bake in a moderate oven till a delicate brown. If preferred, the cheese sauce may be used in making the au gratin dish.

Asparagus in Hollandaise Sauce. Wash and scrape the asparagus and cut off the tough ends. Cook the vegetable and the ends in rapidly boiling salted water, then drain, saving both the water and the tough pieces for a cream soup. Place the asparagus on a hot vegetable platter and pour Hollandaise

sauce over it. If preferred, the asparagus may be served on strips of toast.

Turnips cut in balls with a vegetable scoop, cauliflower, string beans, or any preferred vegetable may be served in the same manner. Or, for variety, Bechamel sauce or Allemande sauce may be used as a dressing.

Carrots in Cream. Peel the carrots, cut in dice, and cook in boiling unsalted water. Drain and cover with white sauce. Onions, parsnips, turnips, cabbage, cauliflower, Brussels sprouts, and beans are also very fine dressed in this manner.

Scalloped Vegetables are not unlike those prepared in au gratin fashion, except that the bread crumbs are used in alternate layers with the cooked vegetable until the baking dish is filled, the last layer being of the crumbs. Pepper and salt with paprika are sprinkled over the surface, with bits of butter also, and the dish is then placed in a hot oven till nicely browned. Corn, tomatoes, onions, and cabbage are unusually good when prepared in this way. Corn and tomatoes in combination are excellent.

Stuffed Vegetables have become very popular of late. The green pepper, onion, tomato, egg-plant, and small heads of cabbage are used frequently for preparing in this way. The vegetable is not boiled when it is to be served stuffed, but is scalded for several minutes, then dipped in cold water and peeled, if tomatoes or onions are used.

The centers or seeds are scooped out and the cavities filled with a stuffing of soft bread crumbs, seasoned and mixed with a small quantity of melted butter, If tomatoes, cabbage, or onions, the removed portion may be chopped and added to the filling. When the vegetables are stuffed, a piece of butter is placed on the top of each, and they are then baked in a hot oven. A sauce may be served with stuffed vegetables if desired.

The filling for stuffed vegetables may be varied to please the individual taste. Chopped mushrooms may be added to the bread crumbs, or cold ham or sausage may be chopped and mixed with them, or the filling may be flavored with Worcestershire sauce or with a little grated onion. Summer savory, marjoram, chopped parsley, or chives may be used to give zest to the filling. Boiled rice, flavored in any of the ways just described, or mixed with finely chopped meat, may be used in place of the bread for filling. When stuffing a cabbage, remember to tie its leaves after filling, so that it will present a nice appearance when finished.

Thus it will be seen that with the proper knowledge of the principles of vegetable cookery, combined with the art of making fine sauces, one needs no other instruction in order to become an accomplished cook. There is almost no limit to the number of delicious dishes which one can evolve from well-cooked, well-flavored vegetables and a variety of good sauces. But even if the vegetable is merely

properly boiled, drained, and dressed with butter, pepper, and salt, it will be excellent, if the basic principles underlying its cooking are followed.

And now we come to the exceptions in vegetable cookery, the types which, because they differ ever so slightly from the class to which they belong, must be accorded special treatment.

In addition to the manner of classification shown in the outline at the beginning of this chapter, vegetables are also divided by some authorities into the sweet-juiced and the strong-juiced varieties. Peas, string beans, corn, celery, and asparagus, all belong to the sweet-juiced type, while cabbage, turnips, onions, cauliflower, and similar vegetables are placed with the strong-juiced variety. There are two principles which govern the correct cookery of each of these classes:

Cook sweet-juiced vegetables in little water.
Cook sweet-juiced vegetables gently.
Cook strong-juiced vegetables in plenty of water.
Never cover the saucepan when cooking strong-juiced vegetables.
Add one fourth of a teaspoon of soda to water when cooking cabbage and onions.

Sweet-juiced vegetables are usually of the fragile, delicate sort and to cook them rapidly would tend to break or bruise them; therefore it is never wise to boil them rapidly. The water must be actually boiling when the vegetables are placed in it, and the salt must be added, but as soon as the boiling is resumed, after the vegetables have been added, the

heat should be lowered, and the water permitted merely to simmer.

Too much water in cooking sweet-juiced vegetables will make them watery and tasteless. They should be given only as much as is necessary to keep them from scorching.

On the other hand, strong-juiced vegetables should be cooked in a large quantity of water, as this will make them more delicate of flavor, and tender. The kettle in which they are cooked should not be covered, as by keeping it closed gases are formed which produce a strong odor that will fill the entire house.

The correct way to cook a cabbage is to add one fourth of a teaspoon of baking soda and one half a teaspoon of salt to a large kettle of actually boiling water, then having prepared the vegetable by trimming neatly and allowing it to soak in cold water for half an hour, plunge it into the kettle and cover just long enough for the water to again reach the boiling point. Remove the cover and cook rapidly for twenty-five minutes. At the end of this time the cabbage will be delicate, white, and thoroughly cooked. To boil it longer will be to court indigestion. Now drain it and press gently with a plate to expel all of the water. Dress with white, Hollandaise, Bechamel, or simply drawn-butter sauce.

Cauliflower and Brussels sprouts should be prepared in the same manner.

The tomato is another vegetable which requires special treatment. It is the only vegetable that contains a great deal of juice, and for this reason, and because of its attractive appearance, it was formerly regarded as a fruit. The tomato is exceedingly useful and wholesome, and can be prepared in as many ways as the potato. In cooking, the skin should always be removed, except when it is to be fried; in that case the skin is useful in preventing the slices from breaking. The proper way to peel a tomato is by blanching it; that is, dipping it for two minutes into boiling water, then into very cold water. The skin may then be removed very easily.

Stewed Tomatoes. Cut the pared tomato into quarters, and place in a saucepan over the fire. Cook gently for fifteen minutes, then add butter, pepper, salt, and a very small quantity of sugar. Continue cooking for ten minutes longer, stir in a tablespoon of soft bread crumbs, and serve immediately. Sweet corn cut from the cob and cooked with tomatoes makes a pleasing change; left-over tomatoes and corn may be cooked together in this fashion.

Mushrooms are classed with vegetables and are cooked in various ways. Creamed or sautéd they are most popular, but in whatever way they are to be served, they are almost invariably sautéd first. Remove the stems, scrape them, and if large cut in pieces. Peel if necessary. Melt two table-

spoons of butter and add half a pound of mushrooms; cook two or three minutes, then sprinkle with salt and pepper.

Creamed Mushrooms. Prepare as in previous recipe, dredge with flour, and cook for a few moments, then add three fourths of a cup of cream or rich milk. Season with a slight grating of nutmeg or mace, and pour over tiny squares of dry toast; serve hot.

A Few Unusual Vegetable Recipes

Spinach in Bechamel Sauce. Boil one half peck of spinach, which has been thoroughly washed in cold water, according to rule. Melt three tablespoons of butter in frying pan and add the spinach, which should be finely chopped. Stir well and pour over it a cup of Bechamel sauce. Flavor slightly with mace and cook very gently for four minutes.

French Fried Onions. Peel large mild onions, and slice very thin. Separate into rings and soak in milk for half an hour. Then drain, and dredge with flour. Fry in deep boiling fat. Drain on paper, season, and serve at once. Green peppers may be prepared in the same way.

Creole Eggplant. Peel the eggplant and cut it in slices, then in dice. Simmer for fifteen minutes, then drain and press out the liquid. Chop an onion and fry in a little butter, add the eggplant, and toss about till a golden brown. Then pour Creole sauce over it, simmer for a few moments, and serve.

Creamed Peas and Carrots. Scrape and cut in thin slices six young carrots and shell two quarts of peas. Cook the carrots in just enough water to cover them, and the peas in a very little salted water. When both are tender, drain and mix. Dress with white sauce.

Vegetables à la Jardinière. Mix together a cup each of cold cooked lima beans, green peas, young turnips, and young carrots, each cut in small cubes. Reheat in a Bechamel or Hollandaise sauce. Place in ramekins and scatter a few crumbs over the tops; bake a delicate brown and garnish each with a bit of pimento, cut in fancy shapes with a vegetable cutter.

CHAPTER XII

DESSERTS

ELEMENTS: SUGAR — LIQUID — A THICKENING AGENT — FLAVOR

- Desserts
  - Cold
    - Jellies: Gelatine Foundation
    - Custards
      - Boiled: Milk and Egg Foundation
      - Baked
    - Junkets: Curdled Milk Foundation
    - Blancmange: Cornstarch Foundation
    - Frozen Desserts
      - Fruit Juices, Cream or Custard Foundation
  - Hot
    - Baked Pudding
      - Batter
      - Bread
      - Rice
      - Tapioca
    - Boiled or Steamed Puddings
      - Suet
      - Fruit
      - Indian
      - Batter
  - Soufflés

There are various reasons why the dessert should be regarded as an important adjunct to the dinner; the first is that sugar being quite as necessary an element in our diet as protein or fats, without a proper proportion of it, it is impossible to compose a well-balanced meal. Another reason why the dessert should be given due consideration is that, served at the end of the meal as it is, when the keen edge of the appetite has been dulled, the sweet

dish must be daintily made and very tempting if it is to be eaten with a keen sense of enjoyment. Then, too, the housewife who wishes to be regarded as a fine cook will remember that it is the dessert which will leave a lasting impression on the minds of the diners, as it is eaten just before they leave the dinner table.

Whether a dessert is to be served hot or cold, it contains the same foundation elements: sugar, liquid, a thickening agent, and flavor. Some desserts include fruit, others nuts, and still others chocolate or cocoa, but whatever accessories may be added for variation or flavor, the foundation remains the same.

The question of the thickening agent determines to a great extent the class to which the dessert belongs. In jellies, gelatine is used; in custards, eggs; in blancmanges, cornstarch; in various other puddings, flour, rice, tapioca, and other products. In ice creams, ices, and sherbets, the ice and salt used in freezing the product act as thickening agents.

Fresh fruit with cream and sugar is the ideal dessert, but except in summer when berries or peaches are to be had, this is not served as often as it should be. We have grown so accustomed to the complex and elaborate creams and jellies, the boiled or baked puddings, and the blancmanges and charlottes, that fruit in itself seems rather too simple for our tastes, although it is very often served in combination with creams, jellies, or other delicacies.

It is impossible to treat so large a subject as desserts in as direct a manner as the other food products which have been dealt with in this volume. There are too many varieties of desserts to permit one to classify them in quite the same way, nor would it be either practicable or possible to describe all of the desserts which have been evolved from the few elements which form the base of each.

All desserts are divided into two large classes: those which are served cold, and those which are served hot. Each of these classes is again divided into various subdivisions, and a foundation principle for each of these smaller classes has been formed.

The cold desserts comprise the jellies, custards, junkets, puddings which are served cold, and frozen dishes.

The hot desserts contain but one class, the puddings which are served as soon as they are taken from the oven, or from the kettle.

All of the jellies which are served as desserts have for their common foundation some form of gelatine. These desserts are again divided as follows:

- Jellies
  - Fruit-flavored Jellies
    - Plain
    - Russian
  - Jellied Fruits or Nuts
  - Snow Pudding
  - Creams
    - Spanish
    - Dresden Pudding
  - Coffee Jelly

The gelatine desserts are not difficult to make, though some of them may sound rather complicated.

There are a few principles to keep in mind when undertaking these dishes, and when they are learned, even the most elaborate dessert of this type will soon be a simple matter to undertake.

Foundation Principle for Gelatine Desserts

Soak gelatine in cold water;
Add sugar to boiling water;
Do not boil after gelatine or flavoring is added;
Pour into wet mold;
Chill for several hours.

Fruit-flavored jellies are the most simple and the most popular of the fruit desserts. They are all made upon the same foundation, only the flavoring is changed.

Lemon Jelly

2 tablespoons granulated gelatine soaked in half a cup of cold water
1 cup sugar
2¼ cups boiling water
½ cup lemon juice

Soak the gelatine for twenty-five minutes in the cold water. Pour the boiling water over the sugar and stir till dissolved, then add the gelatine, once more stir well, add the lemon juice, strain, and pour into a mold wet in cold water. Chill for several hours, then turn out, and serve with cream or boiled custard.

Orange jelly, pineapple jelly, or any other fruit jelly is made in the same way, except that a cup and a half of fruit juice is used in place of a portion of the boiling water, and two tablespoons of lemon juice are also added with the other fruit juices.

Russian Jelly. By simply beating any of the

fruit jellies to a stiff froth with an egg beater while they are cooling, the plain jelly is transformed into the Russian jelly. When they have begun to congeal, pour into a wet mold and chill. The jelly will be delicate, light, and frothy throughout. For variety, mold the Russian jelly in individual molds.

Jellied Fruits or **Nuts** are made with the same plain gelatine foundation. Prepare two cups of any fruit that is preferred by seeding, paring, shelling, or cutting into sections of desired size. Cool the jelly almost to the point of congealing, add the fruit, and stir till too stiff to manage. Pour into a mold and chill; or the jelly may be arranged in layers, left to harden, then the fruit added; cover this with a second layer of jelly, and so continue until the mold is full.

Snow Pudding. Make the lemon jelly, and cool slightly, then beat with an egg beater till light and frothy. Beat the whites of two eggs to a stiff froth and add to the whipped jelly; beating constantly till it stiffens slightly. Pile by spoonfuls into a wet mold or into a glass dish; serve very cold with boiled custard or cream.

Coffee Jelly. Make in the same manner as the fruit jellies, substituting a cup of clear, strong coffee for a cup of water. Mold, chill, and serve with cream.

The creams which are formed on the gelatine foundation usually contain eggs and milk or cream.

Sometimes fruit, nuts, or other ingredients which enrich them are also added.

Spanish Cream

1 tablespoon granulated gelatine
3 cups milk
½ cup sugar
3 eggs
¼ teaspoon salt
1 teaspoon vanilla

Dissolve the gelatine in a little of the cold milk. Scald the rest of the milk and add the sugar, pour over the well-beaten yolks of the eggs, then cook over hot water till slightly thickened. Add the gelatine, salt, and flavoring, then pour over the whites of the eggs beaten to a stiff froth. Whip all well and pour into individual molds. Chill and serve with cream. If a large mold is preferred, use twice the amount of gelatine as a thickening agent.

Dresden Pudding is a variation of the foregoing recipe. In it, however, the milk is omitted, and a cup of whipped cream substituted. Fruits, nuts, and lady fingers are also added.

Dresden Pudding

1 tablespoon granulated gelatine
½ cup sugar
4 lady fingers
½ cup sultana raisins
1 cup whipping cream
1 tablespoon sherry
3 eggs
¼ cup candied cherries
¼ cup candied pineapple
¼ cup blanched almonds

Break the lady fingers into pieces. Chop the various fruits and mix them with the wine. Chop the blanched almonds also. Beat the yolks of the

eggs to a stiff froth, add the sugar, and beat again. Stir in the lady fingers, then the whites of the eggs beaten to a stiff dry froth and mixed with the cream, whipped solid, and the gelatine soaked in a little cold water. Stir all of the ingredients till the mixture begins to congeal. Then pile into a mold and chill. When cold, turn out on a lace paper doily and decorate with candied cherries, or with sweet peas or ferns. Serve with or without cream.

This pudding may be varied by substituting candied violets for the fruits and decorating it when taken from the mold with violets. Shredded cocoanut makes a very good substitute for the candied fruits. The sherry may be omitted.

Charlottes form still another variety of the gelatine creams. A mold is lined with halved lady fingers, and filled with whipped cream stiffened with gelatine, and flavored variously, or the cream described in Dresden pudding may be used, omitting the fruits and wine.

Chocolate Charlotte. Add a square of grated chocolate to the Dresden pudding cream, omitting fruits and wine.

Caramel Charlotte. Melt a tablespoon of granulated sugar till it reaches the brown stage, then add to the other ingredients in the Dresden pudding, omitting fruit and nuts.

Coffee Charlotte. Make the cream as for Dresden pudding and flavor with two tablespoons of clear, strong coffee.

A number of elaborate and delicate desserts may be made from these recipes. The housewife who is interested in cookery will be able to build many tempting and handsome dishes from the preceding formulæ.

Custards

Custards, which come next in point of simplicity, are divided into two classes, those which are boiled and those which are baked, and these classes are again subdivided as follows:

- Custards
  - Boiled or liquid
    - Cake Trifle
    - Floating Island
    - Caramel
    - Chocolate
  - Baked or solid
    - Caramel
    - Chocolate
    - Maple
    - Coffee

Whether of the first or the second class, the same basic principles govern all custard making.

Heat milk to boiling point.
Beat eggs, sugar, and cornstarch together.
Pour milk over egg mixture.
Add flavoring.
Steam.

While the first class of custard is regarded as boiled, and the second as baked, they are in reality both steamed, one on top of the range, the other in the oven. One is served in a liquid state, the other in a semi-solid state. But both are made in much the same way.

Boiled Custard

2 eggs — 1 pint milk
½ cup sugar — Flavoring
1 teaspoon cornstarch

Bring the milk to the boiling point and beat the eggs with the sugar and cornstarch, pour the boiling milk over the mixture, and stir till the sugar is dissolved. Then place in a pan of boiling water and stir gently over a slow fire till the mixture thickens slightly and masks the spoon. Be very careful when this point is reached not to allow the custard to remain in the boiling water, for it is very liable to curdle if cooked an instant too long. The addition of the cornstarch eliminates this danger to a great extent. Boiled custard is an excellent foundation for trifles, and other desserts; it is also served as a sauce with puddings.

Baked Custard

2 eggs — 1 pint milk
½ cup sugar — Flavoring
1 teaspoon cornstarch

Scald the milk and beat the eggs, sugar, and cornstarch together. Pour the hot milk over the mixture and stir till the sugar is dissolved. Flavor and pour into greased custard cups or ramekins, stand in a pan of hot water, and bake in a moderate oven till firm. Either the boiled or baked custard may be varied to suit the taste in many ways.

Caramel Custard. Melt a tablespoon of sugar till a deep brown and pour the hot milk over it to dissolve, then proceed as in previous recipe. A few drops of vanilla will make the flavor more delicate.

Maple Custard. Substitute half a cup of maple syrup for the sugar in either recipe.

Chocolate Custard. Melt a square of unsweetened chocolate and add to the hot milk.

Coffee Custard. Omit half the milk in the formula and add an equal amount of clear strong coffee. Flavor with vanilla.

Several popular desserts have for their foundation a well-made boiled custard. **Cake Trifle** is one of these. Line a glass dish with thin slices of stale cake or halved lady fingers. Spread with a little jelly and cover with a layer of macaroons. Pour vanilla-flavored boiled custard over the macaroons and top with whipped cream. Bananas, peaches, or other fruits may be used in combination with this dish. Serve very cold.

Floating Island. Make the boiled custard as directed, and chill. Pour into a glass dish and top with the whites of the eggs beaten to a very stiff froth and sweetened with two tablespoons of sugar, then beaten again till stiff, and flavored as preferred. Drop by spoonfuls on boiling water and cook gently for two or three minutes. Skim off and place on the custard. Garnish with dots of red jelly or with cherries or preserved strawberries.

Junkets

Junkets: Plain { Nut / Chocolate / Caramel }

Junkets are very digestible and wholesome desserts. They are formed of milk curdled with rennet. The latter is usually purchased in the form of tablets which are called "Junket Tablets." While junkets, like custards, may be made in innumerable forms, the foundation principles in all are the same.

Heat the milk till lukewarm;
Break the junket tablet into small pieces;
Add sugar, flavoring, and tablet to milk;
Stand in warm place till set.

It will be observed that in making a junket, quite the opposite method from that usually followed of chilling the dessert to cause it to congeal is employed; the milk is heated only until it is tepid, the tablet, sugar, and flavoring are added, and the mixture is kept in a warm place to congeal. The reason for this is that the rennet will not act upon the milk unless it is blood-warm. If the milk is heated too hot, the rennet will prove inactive; it must be just blood-warm.

Simplest Form of Junket

2 cups of milk — Few grains of salt
½ cup of sugar — 1 teaspoon vanilla
1 junket tablet

Heat the milk until lukewarm and add the sugar and salt. Crush the tablet and add to the mixture with the vanilla. Stir till the tablet is well dissolved.

Then pour into a glass dish and stand in a warm, but not hot, place. When serving this junket, a spoonful of whipped cream may be placed on top, or chopped nuts sprinkled over it.

Chocolate Junket. Dissolve a square of unsweetened chocolate over hot water and add to the warm milk. Proceed as in plain junket.

Caramel Junket. Melt the sugar over the fire till a light brown, add one third of a cup of boiling water, and stir till cool. Then add to the milk.

Junket is a delicious accompaniment to berries, sliced peaches, baked apples, or other fruits.

Blancmange

Blancmange { Plain { Easter Pudding, Chocolate, Golden, Fruit

Cornstarch is a valuable adjunct to good cookery. It may be used in innumerable ways, as a thickening agent in various dishes, or in combination with liquid in forming a dessert. Blancmange, of which cornstarch is the thickening agent, is one of the most popular cold desserts that we have. Fruit juices or milk may be used in its making, and eggs may be added or not as preferred.

Foundation Principles in Making Blancmange

Scald milk;
Mix cornstarch with sugar and cold milk;
Add to hot milk;
Cook thoroughly.

A plain cornstarch blancmange, containing just enough of the starch to make it sufficiently thick to hold its shape, and served with plain cream, is a delicious and wholesome dessert. It must be carefully made, however, — smooth, delicate, and thoroughly cooked. Half-cooked starch is neither healthful nor agreeable.

Blancmange

2 cups milk
¼ cup cornstarch
2 tablespoons sugar
⅛ teaspoon salt
¼ cup cold milk
½ teaspoon vanilla

Scald the milk over boiling water, and mix the cornstarch, sugar, and salt. Add the cold milk to the dry ingredients and mix to a paste. Stir into the scalded milk and cook over hot water fifteen minutes, stirring frequently. Pour into a wet mold and chill. Turn out on a lace paper doily and serve with crushed fruit, plain or whipped cream, or with a delicate cold pudding sauce.

Easter Pudding. Make the blancmange as in the foregoing formula, and when it is thoroughly cooked, add one fourth teaspoon of almond extract, and whip in the stiffly beaten whites of two eggs. If you wish, you may color it a very delicate pink or yellow with vegetable coloring. Or, a portion of the blancmange may be left white and poured into a large mold, the rest tinted and placed in tiny molds. When ready to serve, turn the large mold out on a lace paper doily with the small puddings

grouped about it, decorate with whipped cream, or flowers; grated cocoanut added to the pudding makes a pleasant variation.

Chocolate Blancmange. Add half a square of melted chocolate to the plain blancmange formula.

Golden Blancmange. Beat well two egg yolks and add to the plain blancmange just before removing it from the fire. Flavor with a little grated orange peel.

Fruit Blancmange. Substitute the juice of strawberries, raspberries, or pineapple for the milk in the plain blancmange, and add also a teaspoon of lemon juice. A teaspoonful more of the cornstarch may be necessary when fruit juices are used. Egg whites beaten stiff may be added at one's discretion in this formula.

Frozen Desserts

Although most housewives depend upon the caterer for their ices and ice creams, it is really quite a simple matter to make them at home. When one has a good ice-cream freezer, a delicious vanilla ice cream may be quickly made for dinner, or a fruit ice for luncheon, in a very short time. The question of expense is small as compared with the prices charged at the best confectioner's for any variety of frozen sweet. It is not always necessary to have cream for the making of a dessert of this kind. A good boiled custard, well frozen and packed away for an hour to ripen, will prove almost as good as a rich cream. Fruit juices, too, make

delicious frozen desserts, and both may be varied to suit almost any occasion.

Frozen desserts are a division of the cold desserts, and are again classified as follows:

- **Frozen Desserts**
  - Water Ice
    - Sherbets
    - Frappé
    - Punch
  - Frozen Custard
    - Fruit
    - Nut
    - Coffee
    - Caramel
    - Chocolate
  - Ice Cream
    - Fruit
    - Coffee
    - Caramel
    - Chocolate
    - Bisque
    - Banana
    - Frozen Pudding
  - Mousse

Water ices are the simplest form of the frozen dessert. They are inexpensive and easily made, as they are usually merely fruit juices sweetened, diluted with water, and frozen. From the water ice is made either the sherbet, the frappé, or the punch.

Frozen custard is an inexpensive cold dessert and is capable of many delightful variations. Ice cream proper calls for pure cream in its making, and the mousse is simply a flavored and frozen whipped cream.

Foundation Principles for Water Ices

Boil sugar and water to a syrup;
Add fruit juice;
Cool;
Freeze and pack away to ripen.

The sugar and water should always be boiled to a thick syrup when water ice or any of its variations is to be made; otherwise, the product will have a raw taste and rough texture. When the syrup has been partially cooled, add the fruit juice, then continue cooling, and freeze.

Lemon Water Ice

4 cups water
2 cups sugar
½ cup lemon juice
Thinly pared rind of one lemon

Make a syrup of the sugar and water, boiling them, with the thinly pared lemon peel, for five minutes. Strain, cool, and add the strained lemon juice to the syrup.

Fruit Juice Ice Other than Lemon

2 cups water
1 cup sugar
1 cup fruit juice
Juice of half a lemon
Rind of 1 lemon

Proceed as in the first formula, squeezing the fruit, if berries, through a double thickness of cheesecloth to obtain the juice.

The foregoing recipes are all the housewife will require for any water ice, sherbet, frappé, or punch she will desire to make. The amounts may be increased or lessened in proportion, but the foundation principles will remain the same.

Sherbets are made by adding the beaten whites of two eggs to the foundation formula for water ice. If eggs are out of the question, dissolve an envelope

of gelatine in one fourth cup of cold water and add it to the hot syrup. Then proceed as previously directed.

Frappé is merely water ice which is only half frozen. It is usually served in tall slender glasses.

Punch is water ice to which wine or rum has been added.

The frozen creams are more complex than the ices, but are still very easy to manage. The least expensive of these is the frozen custard, the formula for which is not unlike that given for simple boiled custard.

Frozen Custard

2 cups scalded milk	2 eggs
½ cup sugar	⅛ teaspoon salt
1 teaspoon cornstarch	1 teaspoon vanilla

Scald the milk and add to it the sugar, salt, cornstarch, and eggs, beaten together. Simmer over boiling water till smooth, then add flavoring, and remove from the fire. To this may be added, when cooled, two cups of whipped cream. The mixture is then frozen and packed away to ripen for an hour, or longer. If the cream is not used, add another cup of milk and one fourth a cup of sugar in addition to the amount called for. Or, the yolks of the eggs only may be used in the cooked cream, the whites beaten to a stiff froth and added just before the mixture is placed in the freezer.

To this foundation may be added various flavor-

ings, or the cream may be changed in a number of ways.

Strawberry Ice Cream. Crush a pint of berries and press the juice through a fine sieve. Add to the cooled custard, with additional sugar as seems necessary. Stir well, then add the whipped cream, and freeze as usual.

Raspberry Ice Cream is made like strawberry. Peach or other fruit creams are also made in the same way.

Chestnut Ice Cream. Boil a pint of chestnuts, shell, and cut the nuts into fine pieces. Add to the cooling custard and proceed as in the fruit ice creams.

Coffee Ice Cream. Pour a cup of boiling water on one fourth of a cup of pulverized coffee. Let the mixture stand for half an hour, then strain through a double thickness of cheesecloth. Add to the scalded milk when making the custard. Finish as in frozen custard. Flavor with a half teaspoon of vanilla.

Caramel Ice Cream. Melt half a cup of sugar over the fire till it is of a bright brown color, then pour a cup of boiling water over it, and simmer till thick. Add to the scalded milk. Finish as usual.

Chocolate Ice Cream. Grate and melt two squares of chocolate in the scalded milk when making the custard. Finish as directed.

Maple Ice Cream. Substitute a cup of maple syrup for the half cup of sugar in the original formula.

Ice Cream made from pure cream is richer and

perhaps slightly smoother than that made of custard. It is not necessary to buy a heavy cream for it, as the ordinary thin cream will answer very well.

Philadelphia Ice Cream

1 quart thin cream ¾ cup of sugar
1 tablespoon vanilla

Scald the cream with the sugar, then cool it well, and add the flavoring. Freeze as usual. Scalding the cream makes the finished product of much finer grain than when raw cream is used; besides the sugar blends with it more satisfactorily while it is hot. All of the variations suitable for frozen custard may be made with this foundation also, and in addition a few others which are always liked.

Bisque Ice Cream. Add a cup of macaroon crumbs, finely rolled, to the foundation formula for Philadelphia ice cream.

Banana Ice Cream. Force four bananas through a coarse sieve and add to the foundation cream.

Frozen Pudding. Shred a cup of mixed candied fruit very fine, and soak it in three tablespoons of rum or orange juice for an hour, freeze the cream to the mushy stage, and add the fruit. Continue freezing till solid. Pack to ripen as usual.

The Method of Freezing

Much of the success of homemade ice cream depends upon the manner in which it is frozen. The same mixture may be either fine-grained, delicate,

and smooth, or it may be granular and coarse; everything depends upon the freezing.

The first requisites in making any dessert of this kind are a good freezer, a heavy burlap bag, a wooden mallet, a dipper, and a sufficient quantity of ice and rock salt.

Break the ice coarsely and place the pieces in the burlap bag, then crush them fine with the mallet. Some housewives prefer chipping the ice with a shaver which comes for the purpose, but that method seems wasteful. In the bag the ice may be crushed almost as fine as snow with absolutely no waste.

Place the empty can in the freezer, and adjust the top and dasher; turn the handle a few times to ascertain if all is in working order. Then begin to pack the freezer with the ice and salt. Put in three dippers of crushed ice, packing it in closely with the end of the mallet or a broom handle, then sprinkle in one dipper of salt. Continue in this way until the freezer is nearly full. Pack the ice in as tightly as you can, turn the crank a few moments, then remove the top, and pour in the mixture. Cover, replace the top, and continue packing the ice and salt in the freezer.

When full, begin turning the crank very slowly at first, then faster as the mixture begins to congeal. When you can no longer turn the handle, draw off the salt water by removing the plug in the side of the freezer, remove the dasher from the can, and pack the cream solidly with a spoon. Put on the

cover, in which you have placed a tightly fitting cork, and pack the freezer with the ice and salt, using the same proportions. Cover with the bag or a piece of carpet and allow to stand for an hour or longer to ripen.

If you wish to turn the cream from the freezer in a solid mass, remove the can from the freezer and place in a pan of cold water. Wipe the outside carefully, and remove the cover. Run a knife about the edge of the cream, invert the can on a platter, and the mixture will slip out neatly.

Ice cream may be placed in a mold when frozen solidly and then packed in the ice and salt mixture, placed to ripen, and when ready to serve, may be turned from the mold in the manner just described.

Foundation Principles of Freezing

Finely crushed ice — 3 parts.
Rock salt — 1 part.
Close packing of ice and salt.
Slow turning of the crank when beginning to freeze, increasing speed as freezing continues.
Packing frozen mixture solidly.
Sufficient time for ripening.
Never draw off salt water until cream is frozen.

Remember, too much salt in freezing will cause the mixture to congeal so rapidly that it will be coarse-grained and granular instead of fine and smooth. Also, if the ice is not finely crushed, the cream will not freeze solidly.

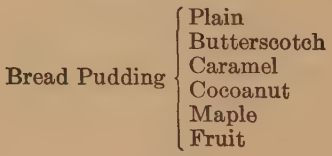
CHAPTER XIII

HOT DESSERTS

ELEMENTS: LIQUID — SWEETENING — FLAVOR — THICKENING AGENT — HEAT

Hot puddings are either baked, boiled, or steamed; they may contain eggs or not, fruit as one desires, be flavored and spiced to suit the individual preference, and for a thickening agent they may have any one of a variety of products. Bread is frequently used, or rice, or some other variety of cereal, or tapioca, or flour.

Bread Pudding



The bread pudding is the most familiar of all hot puddings, but it is not always palatable, because too much bread is used in its making. If one will only remember, in making puddings, that the thickening agent is merely used as a medium for the flavors and sweetening, one's puddings will be improved. The bread in a bread pudding is merely used to hold the other ingredients together and to supply a background for the flavors. A well-made bread pudding is a very delicious dessert and is capable of innumerable variations.

The following principles will enable any one to produce a delicate, smooth pudding:

Always soak the bread in water;
Scald the milk and add the sugar, eggs, and butter;
Bake the pudding slowly.

Bread for a pudding of this kind must be soaked in water to produce lightness and delicacy. The milk is scalded with the butter and sugar, because scalded milk makes the pudding smoother than raw milk. The pudding is baked slowly in order that the eggs and milk will not curdle, as they might with rapid baking.

Plain Bread Pudding

1 thick slice bread	½ cup sugar
1 tablespoon butter	2 eggs
¼ teaspoon salt	1 pint milk
1 tablespoon butter	Flavoring

Soak the bread, cut an inch and a half thick, or its equivalent in broken pieces, in cold water for

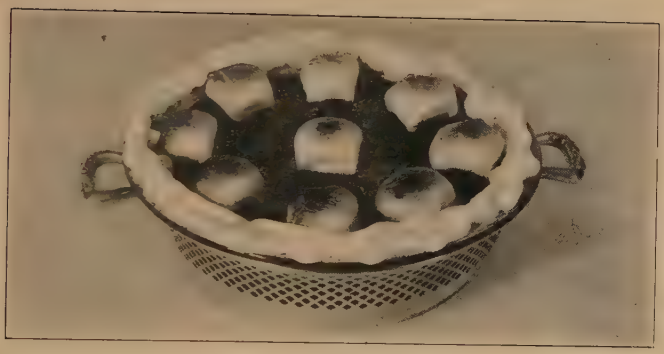
twenty minutes. Then press out all the water and crumble the bread to bits. Meantime, bring a pint of milk to the boiling point and add the salt, sugar, butter, and beaten eggs to it. Pour over the bread and stir well. Flavor with a teaspoon of vanilla. The pudding will appear thin, but it will become sufficiently thick when baked. Pour into a well-greased dish and bake forty minutes in a slow oven. If a level teaspoon of cornstarch is mixed to a thin paste with a little cold milk and added to the hot milk, the pudding will be somewhat thicker. This is a good plan for those who do not care for any liquid in a pudding of this kind.

Caramel Bread Pudding. Make as above, but flavor with a tablespoon of granulated sugar melted to a bright brown over the fire and then added to the hot milk. Flavor with vanilla.

Chocolate Bread Pudding. Add a square of unsweetened chocolate to the milk while it is being heated, then follow the original method in making the pudding.

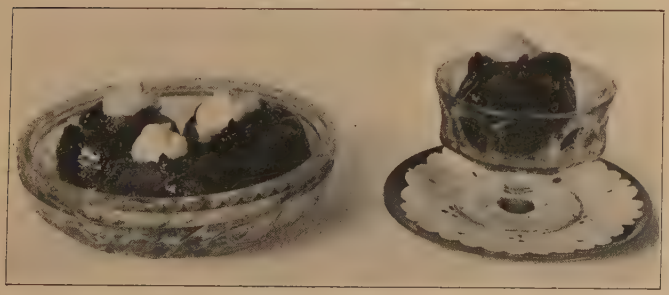
Cocoanut Bread Pudding. To the foundation pudding formula add half a cup of cocoanut, either freshly grated or desiccated, then proceed as in the plain bread pudding.

Butterscotch Pudding. Substitute brown sugar for the granulated in the plain bread pudding, and add it to the butter; cook over the fire till it reaches the butterscotch stage, then add to the scalded milk. The brown sugar may cause the milk to curdle slightly,



Caramel Bread Pudding

Dresden Pudding



Baked Apples

but when the pudding is finished, it will be quite as fine and smooth as when granulated sugar is used.

Maple Pudding. Substitute a cup of maple syrup for the granulated sugar in the formula for plain bread pudding.

Fruit Bread Pudding. Add a cup of seeded and slightly chopped raisins to the plain bread pudding, and flavor with one fourth teaspoon of mace and one fourth teaspoon of cinnamon.

If any one of the foregoing puddings is desired especially good, it may be topped with a meringue. In this case, use only the yolks of the eggs in making the pudding and reserve the whites for the meringue.

Meringue

There are principles which guide the making of a successful meringue, just as there are in making puddings or in any other branch of cookery. A well-made meringue is a light and airy bit of daintiness which adds grace to any dessert, but a poor, tough meringue is merely a waste of good materials. Three basic rules underlie the making of a good meringue:

Beat the egg whites sufficiently.
Add a sufficient quantity of sugar to them.
Brown in an exceedingly slow oven.

If these principles are heeded, we will have no more poor meringues. For the bread puddings make the meringues as follows:

2 egg whites
Flavoring
6 tablespoons granulated sugar

Beat the whites of the eggs until the bowl can be inverted without fear of their slipping from it, then add three tablespoons of granulated sugar (never powdered for a meringue), and beat again until the mixture will hold its shape. Now add the rest of the sugar and the flavoring and beat lightly. Spread over the pudding and place in a very moderate oven. Brown delicately. The meringue should not begin to color for five minutes and should not be sufficiently cooked for eight minutes. A meringue may be varied by the addition of two teaspoons of grated chocolate melted over the hot water. This is very nice for a chocolate, cocoanut, or plain pudding.

The caramel or the chocolate bread pudding may also be varied by spreading halved marshmallows over the surface, then returning the pudding to the oven for a few moments to brown delicately.

Rice Pudding

- Rice Pudding
  - Poor Man's Pudding
    - Caramel
    - Fig
    - Fruit
  - French Rice Pudding
    - Chocolate

A good rice pudding is always popular, whether it be plain or elaborate, and one of the most often served, but perhaps the least often well made, is the simple pudding which is known as Poor Man's Pudding. It is not difficult to make, but there are certain principles which must be remembered to attain success.

Use only fresh milk.
Never add salt till pudding is nearly finished.
If fruit is used, add toward the end of the baking.
Always bake very slowly.

Curdled rice puddings should be the exception, but they are too often the rule. The reasons for this are because the milk is not fresh enough, or salt, fruit, or sugar is added at the beginning of the baking, or the oven has been too hot. A delicate pudding in which the rice has cooked to a cream demands a slow oven, milk that is no older than a day, and no salt, flavoring, or fruit added until it is almost finished.

Poor Man's Pudding

4 cups milk — ½ teaspoon salt
3 tablespoons rice — ¼ cup sugar
Flavoring

Wash the rice thoroughly in several waters, then drain it well. Place in a buttered pudding dish and pour in the milk. Put to bake in a very moderate oven, bake very slowly for two hours, stirring every twenty minutes, then add the sugar, salt, and flavoring, and continue baking for an hour. Do not stir after these ingredients are added, but let the pudding become a delicate brown.

Caramel Rice Pudding. Make the Poor Man's Pudding as usual, but flavor it with a tablespoon of sugar melted over a hot fire to a bright golden brown. Pour half a cup of cold milk over the caramel and stir till well dissolved, then add to

the pudding with the sugar and salt. Remember the caramel does not sweeten but merely flavors the pudding.

Fig Pudding. Add a cup of chopped figs to the Poor Man's Pudding when stirring it for the last time. Finish as usual.

Fruit Pudding. Add a cup of chopped raisins to the Poor Man's Pudding as in fig pudding.

French Rice Pudding. There is another form of rice pudding which is also very good; it is richer than the first as it contains eggs and butter. In this form, cold boiled rice left from a previous meal may be utilized, or the rice may be especially cooked for the pudding. The French rice pudding which is described shortly is one of the most delicious rice dishes that one could wish.

French Rice Pudding

½ cup rice
1 pint milk and water mixed
½ teaspoon salt
1 large tablespoon butter
2 eggs
½ cup sugar
½ cup additional milk
Juice and grated rind of 1 lemon

Boil the rice, well washed, in a pint of milk and water mixed, or if cold rice is used, cover with milk, bring to the boiling point, and simmer. When the rice has cooked to the soft, jellylike stage, add half a teaspoon of salt, a little more liquid if necessary, and a large tablespoon of butter. Beat well and cool. Beat two eggs to a creamy froth and add to the rice, also half a cup of milk, half a cup of sugar,

and the juice and grated rind of a lemon. Pour into a greased pudding dish and bake slowly for forty-five minutes. Spread the pudding with melted butter and cover thickly with powdered sugar. Return to the oven to glaze.

French Rice Chocolate Pudding. Make the pudding by the foregoing formula, omitting the lemon and adding one square of unsweetened chocolate.

Tapioca Pudding

Tapioca Pudding
- Fruit
- Custard
- Tapioca Meringue
- Tapioca Cocoanut Pudding

A third thickening agent which is often employed in making puddings is tapioca. This product is obtained from the roots of the cassava plant and is extremely nourishing and digestible. It is usually combined with eggs, milk, or fruit, which add to its value as a food product. In preparing it, the following principles must be observed:

Soak the tapioca in cold water.
Cook in boiling water till clear.
Combine with other ingredients as preferred.

There is a quickly prepared tapioca on the market which is used by many housewives. The puddings described here, however, are made of the variety which requires soaking in cold water. Tapioca may be obtained in either the flake or the pearl form, as one prefers. In preparing it, the same rule will answer for either variety.

Tapioca Fruit Pudding

1 cup tapioca
Cold water
3 cups boiling water
½ teaspoon salt
½ cup sugar
Fruit

Soak the tapioca in cold water till tender, then drain, and add to the boiling water, and cook till clear. Add the salt and mix well. Core and pare six apples and arrange in a buttered pudding dish, fill the cavities with the sugar, and sprinkle with nutmeg if desired. Pour the tapioca over the apples and bake in a moderate oven till the apples are tender. Serve with cream or with pudding sauce.

Peaches, quinces, strawberries, blackberries, raspberries, or cherries may be substituted for the apples in this pudding. When using small fruits, place them in the dish in alternate layers with the tapioca. Then proceed as in the apple tapioca. Canned peaches are very good used in this way.

Tapioca Custard Pudding

½ cup tapioca
3 cups milk
2 eggs
½ cup sugar
½ teaspoon salt
1 tablespoon butter
Flavoring

Soak the tapioca as in the previous recipe, then drain, and cover with boiling water. Cook till clear, and add the milk, which has been brought to the boiling point. Continue cooking for three minutes. Beat the eggs with the sugar and salt and add to the hot mixture; stir the butter in also and the

flavoring. Pour into a buttered baking dish and bake half an hour. Serve with or without cream or sauce.

Tapioca Meringue. Make the pudding as in foregoing recipe, omitting the whites of the eggs. Flavor with a tablespoon of lemon juice and the grated rind of half a lemon. When baked, spread with a meringue made as previously described. Flavor with lemon juice and spread over the pudding. Brown delicately in a slow oven.

Tapioca Cocoanut Pudding. Make the tapioca custard and, just before pouring it into the baking dish, add a cup of grated or desiccated cocoanut. Finish as in tapioca meringue.

Boiled and Steamed Puddings

- Boiled and Steamed Puddings
  - Suet
    - Fig
    - Plum
  - Indian Batter
    - Peach
    - Chocolate
    - Blackberry
    - Apple
    - Cherry, etc.

Any pudding which is to be cooked by boiling may be steamed as well, if that method is preferred. A steamed pudding is apt to be more light and digestible than one which is immersed in the boiling water unless the principles which govern this type of cookery are closely followed. There is only one principle which must be remembered in making

boiled and steamed puddings, but this is a most important one:

Never allow the water to cease boiling during the cooking of a pudding of this type.

This is the whole secret of success in making light, digestible boiled or steamed desserts. The moment the water ceases to boil, the pudding will become heavy and indigestible. This is the reason that so many persons shun a boiled pudding. Properly made it should be puffy, light, and delicate.

In the chapter on doughs, I explained the making of roly-poly puddings. The puddings which will be described in this department, while also having flour as a thickening agent, will be made on a different plan.

Steamed Pudding

¼ cup butter
1 cup sugar
3 eggs
3 cups flour
2 teaspoons baking powder
½ cup milk
Flavoring

Cream the butter and sugar and add the eggs well beaten. Mix and sift together the flour, salt, and baking powder, and add alternately with the milk to the first mixture. Flavor and turn into a buttered mold, cover closely, and stand the mold in a kettle of boiling water. Steam three hours, then turn from the mold and serve with any desired sauce.

If it is desired to boil this pudding, place the batter in a well-greased pudding cloth, tie tightly, leaving room for the pudding to expand, and plunge into

rapidly boiling water. Boil without ceasing for an hour and a half. If necessary, replenish the water, but use only that which is actually boiling.

Steamed Blueberry Pudding. Add one and a half cups of blueberries to the plain steamed pudding and proceed as directed.

Steamed Cranberry Pudding. Substitute cranberries for the blueberries.

Steamed Peach Pudding. Substitute two cups of pared and sliced peaches for the other fruit.

Raisins, currants, chopped apples, blackberries, etc., may be used instead of any of the other fruits.

Steamed Chocolate Pudding. Melt a square of chocolate over hot water and add to the plain steamed pudding, then proceed as in the first formula.

Suet Puddings. Suet puddings include the rich plum pudding, the tasty molasses pudding, fig pudding, and various others which are very substantial and more suitable for cold weather than for summer. They are perfectly wholesome if made carefully and cooked according to principle.

Plain Suet Pudding

1 cup suet finely chopped
1 cup molasses
1 cup milk
1 teaspoon soda
1 teaspoon salt
Spices to taste
3 cups white or whole-wheat flour

Mix the dry ingredients together and chop the suet very fine, adding a little flour if it sticks to the knife. Add the molasses and milk to the suet, and

flavor with half a teaspoon each of ginger and nutmeg and a teaspoon of cinnamon, or with any other combination of spices preferred. Combine the mixtures and pour into a well-greased mold. Steam for three hours, then turn out and serve with any preferred sauce. This pudding may be boiled by following the directions previously given.

Steamed Fruit Pudding. Make the plain suet pudding and add to the batter a cup each of chopped raisins and cleaned currants.

Steamed Fig Pudding. Make the suet pudding, omitting the molasses and adding an additional half cup of milk, half a cup of sugar, and a cup and a half of figs chopped fine.

Plum Pudding. A plum pudding is only a richer form of the suet pudding described as plain suet pudding. To the formula for that dessert add a cup of raisins seeded and chopped, a cup of cleaned currants, half a cup of candied citron sliced very thin and cut in small pieces, and half a cup of English walnut meats coarsely chopped. Steam in a buttered mold five hours, or place in a well-buttered and floured pudding cloth, tie closely, but leaving enough space for the pudding to expand, and boil steadily for four hours. Keep the pudding immersed in the boiling water for the entire time of its cooking.

CHAPTER XIV

SOUFFLÉS

While the soufflé is regarded generally as a dessert, it is also used as an entrée or a savory dish for luncheon or dinner. Its foundation is invariably a form of the thick white sauce described in Chapter VI.

When the soufflé is to be served as a dessert, sugar, eggs, and whatever flavor is preferred are added to the sauce, and the soufflé is baked in a moderately hot oven. A successful soufflé should be light, spongy, and fine-grained, and must be served as soon as it is taken from the oven. The flavor may be coffee, chocolate, fruit juice or pulp, cocoanut, or whatever seems especially suitable for the demands of the occasion.

Plain Soufflé

2 tablespoons butter	3 eggs
2 tablespoons flour	¼ cup sugar
1 cup milk	⅛ teaspoon salt

Melt the butter and flour together over the fire. as in making white sauce, and, when bubbling, add the cold milk. Cook gently till thick and smooth.

Then remove from the fire and add the sugar, salt, and the yolks of eggs beaten until light. Fold in the stiffly whipped whites of the eggs and pour into a buttered baking dish or into ramekins or custard cups. Place in a pan of hot water and bake thirty minutes in a moderate oven. If baked in ramekins, the soufflé will require but twenty-five minutes' baking.

Coffee Soufflé. Substitute a cup of clear strong coffee for the milk in the formula for plain soufflé and proceed in the same manner.

Chocolate Soufflé. To the plain soufflé add two ounces of unsweetened chocolate grated and melted over hot water.

Fruit Soufflé. Mash a cup of strawberries, raspberries, peaches, or other fruit and press through a sieve. Add the pulp to the plain soufflé, making the white sauce slightly thicker if the fruit is unusually juicy. Finish as in other soufflés.

Pudding Sauces

- Pudding Sauces
  - Hard Sauce
    - Nun's Butter
    - Fruit Sauce
  - Liquid Sauce
    - Lemon Sauce: Foamy Sauce
    - Cream Sauce: Fruit Sauce
    - Yellow Sauce
    - Chocolate Sauce

For all practical purposes, the list of pudding sauces contained in this outline comprises all that will be required by any housewife. Each of the

sauces designated above may be varied to suit the occasion and all are extremely good without any additions or changes.

The hard sauce is useful for serving on all hot puddings; it is very good when served quite plain or it may be transformed into nun's butter or a delicious fruit sauce very easily. The basic principles which must be kept in mind in making a satisfactory hard sauce are:

Cream butter well;
Add powdered sugar;
Beat vigorously;
Add flavor.

The butter should be washed if very salty, as it is apt to curdle the sauce when the flavoring is added, if the latter be fruit. Cream the butter alone until soft and light, then add the sugar, a little at a time, and continue creaming till thoroughly blended and fluffy. Flavoring may be varied as desired.

The following formula, with variations, will answer for plain hard sauce, nun's butter, and fruit sauce.

Plain Hard Sauce

⅓ cup butter ½ teaspoon vanilla
1 cup powdered sugar

Nun's Butter. Make the plain hard sauce and beat into it the well-whipped white of one egg. Flavor with sherry, orange, or lemon.

Fruit Sauce. Cream the butter and sugar as usual, and add half a cup of crushed strawberries, raspberries, or peaches. Blend together thoroughly, then add the stiffly beaten white of one egg.

Liquid Sauces

Of the liquid sauces the lemon is the most familiar. It is an easily made sauce and very good with almost any of the boiled or steamed puddings.

Lemon Sauce

½ cup sugar
2 teaspoons cornstarch
1 cup boiling water
1 tablespoon lemon juice
Few grains mace or nutmeg
Few grains of salt
1 tablespoon butter

Mix together the sugar, cornstarch, and salt, and pour the boiling water over the mixture. Stir constantly over hot water till well blended and thick. Cook long enough to remove the raw taste, then add butter, mace, and lemon juice. Serve at once.

Foamy Sauce. Foamy sauce is built upon the lemon sauce foundation; the lemon may be omitted and any preferred flavor added. Fresh fruit juice or the juice from canned fruit is very good. Make the sauce as directed, but just before removing from the fire, add the well-whipped yolk of an egg. Beat the white of the egg to a stiff froth and pour the hot sauce over it, beating all the time. Stand over hot water for a few minutes and whip well. Serve at once.

Cream Sauce is used on cold puddings and is made in a different manner from the other sauces.

Cream Sauce

1 cup cream — ¼ cup powdered sugar
Flavoring

Whip the cream to a stiff froth, using the egg beater, then add the sugar and flavoring. Whip again and place on ice till required.

Fruit Sauce is a variation of the cream sauce. Add the juice of strawberries, raspberries, or any preferred fruit to the sauce in such proportions as desired. Add more sugar also, as necessary.

Yellow Sauce

1 egg — ¾ cup powdered sugar
Flavoring

This is a delicious sauce with blancmanges and other cold puddings. It is also good with vanilla ice cream. Beat the yolk of the egg to a light froth and add the sugar. Beat with the egg beater till thick and light colored. Then whip the white of the egg stiff and add to the mixture; beat till light and foamy. Sherry is a very acceptable flavor for this sauce, but fruit juices or vanilla may be substituted.

Chocolate Sauce

This sauce is especially designed for serving on vanilla ice cream. It is also very good on cold puddings of various kinds.

1 cup water
¼ cup sugar
6 tablespoons grated chocolate
Vanilla
1 teaspoon cornstarch
¼ cup cold water
Pinch of salt

Boil the water with the sugar five minutes. Add the cold water to the cornstarch and chocolate and mix to a paste. Add to the boiling syrup with the salt. Cook for three minutes. Flavor with vanilla and serve hot.

PART II

PROCESSES

PROCESSES

In the foregoing pages of this book I have endeavored to show how cookery may be more easily comprehended and simplified by dividing it into classes, and after explaining the foundation formulæ or principles upon which the various dishes are built, to teach the housewife how to prepare all of the food products which she may desire to undertake, by using these basic recipes or principles and building her finished products upon them.

In the second part of the volume, the processes of food preparation will be treated. Cookery of all sorts is divided into but four classes: boiling, roasting, baking, and frying; and no matter how complicated or mysterious the finished product may appear, we may be sure that in its preparation one or more of these forms of cookery have been used. But to boil, roast, bake, or fry successfully requires a knowledge of the subject, intelligence, and experience, and it is my purpose to present these methods to the reader as clearly and fully as possible, so that she will find it a simple matter to prepare in an appetizing, wholesome manner under all conditions the foods which she has purchased.

The conservation of fruits and vegetables will also be discussed, and simple methods of putting away a stock of canned vegetables and fruits, preserves, and jellies will be described in detail.

The proper methods of combining materials in the making of all of the dishes described in this and other books on cookery will be explained, also various ways of beautifying finished dishes by means of garnishings and decorations.

CHAPTER XV

PROCESSES

Boiling { Simmering, Stewing, Braising, Steaming }

In the earliest times, when man, in the first process of civilization, began to prepare his food by the application of heat, instead of devouring it raw as did the lower animals, he invented a method of cooking it in water, producing a sort of rude broth, which he found both acceptable and nourishing. This method consisted in forming a rough and ungainly utensil from the skin of the animal to be cooked, placing its flesh, cut in pieces, in the vessel, and filling the latter with water. As it would not have been practicable to have placed this soup kettle over the fire, primitive man contrived to cook his broth by means of large stones, which he heated in his fire and then placed in the kettle. This process was repeated until the broth was cooked to his satisfaction. Then he ate it, unseasoned and unflavored, except for the sand and grit and leaves which probably found their way into his soup kettle.

It is a far cry from the soup kettle and boiled meats of our prehistoric ancestors to the nourishing, stimulating broths, stews, and braised meats of to-day, but the method of cookery which originated with the cave man is the method which is most in use in our modern kitchens. Boiling in one of its forms is used more extensively than any other means in the preparation of meats, vegetables, fish, eggs, beverages, and many desserts.

Although this form of cookery is so old and presumably so simple a process, it is not so clearly comprehended as it should be. The time-honored joke about the housewife who could not boil water without burning it has more foundation than one might believe. To boil water or any article of food that is cooked by simmering, stewing, steaming, or braising requires a careful attention to detail, as well as an intelligent understanding of the conditions and principles necessary to the success of the undertaking.

The housewife must possess a thorough understanding of the difference between boiling and simmering, for many a dish has been made almost unfit to eat because of ignorance on this subject. The heat must be properly regulated, the saucepan clean, possessing a tightly fitting lid, and large enough to permit the articles in the process of cookery to expand as they should.

When the vessel containing cold water is placed over the fire, bubbles will be noticed forming on the

bottom almost as soon as the heat reaches the water. As the heat increases, they will become larger, and soon these bubbles, which are filled with an invisible gas produced by the action of the heat, will begin to travel upward through the water. When they reach the surface and the cool air strikes them, they will burst and the gas escape into the outer air. This bubbling is not what is understood by boiling; it is merely simmering, and if you should take the temperature of the water at this stage, you would find the thermometer would register 185° F.

The heat must increase to 212° F. before the water actually boils. But when this point is reached, the water will become no hotter, no matter how the heat under the saucepan is augmented and how rapidly and madly the water bubbles. The temperature of boiling water is always 212° F.; therefore, the meat or vegetable which the saucepan contains will cook no faster nor become any more tender, however great the amount of heat given it.

If this principle of boiling is thoroughly comprehended, the housewife will realize that to keep the gas jet turned on to the full extent, or allow the drafts of her coal range to remain open after the water has reached the boiling point is little short of criminal waste. Besides, many products are ruined by too rapid boiling.

Boiling comprises also simmering, stewing, braising, and steaming, each of which methods is distinct

and separate, and all are equally useful in the preparation of food products.

Simmering, which is the method least understood, is at the same time one of the most important for the housewife to comprehend clearly. It is a gentle, gradual, uniform heating of the liquid, which should almost but never quite reach the boiling point. To use an old saying, " the pot should smile, not laugh." If a boiling thermometer is used in cookery, it should register 185° F., no more. As soon as the mercury begins to travel above that mark, the liquid will begin to boil, and the result which is desired will not be attained. Soups, corned beef, coarse-fibered meats, delicate vegetables such as peas and lima beans, should always be simmered, never boiled.

Stewing is merely another form of simmering, with the exception that when it is employed, but a small quantity of liquid is used. Meats cooked by this method yield all of their juices and gelatines, and the gravy is rich and nourishing.

Braising is another form of stewing, and a more delicate one. Braised meat is given but a very little liquid, and is usually surrounded with vegetables and herbs, cooked a long time, and highly seasoned.

Steaming is cooking over, and not in, boiling water. In this method of cookery the water must be kept actually boiling for the entire length of time required for cooking the article. If boiling ceases even for a few moments, a soggy result is almost inevitable.

In cooking meats by the boiling process the following principles must be observed:

Sear the meat by plunging it into boiling water.
Bring rapidly to the boiling point.
Boil three minutes.
Reduce heat and simmer till tender.

These principles underlie the cooking of all meats, poultry, and fish which are to be prepared by boiling. If the article is to be served cold, as chicken, tongue, ham, or corned beef, it should be allowed to cool in the liquid. Then drain well, and slice thin.

If the meat has been prepared to serve hot, take it at once from the liquid and serve with any preferred sauce. The liquid should be reserved for soup making. Sometimes it is a very good plan when cooking beef, veal, or mutton by boiling to add to the water a small onion, one medium-sized carrot, a small piece of bay leaf, a few celery seeds, and one or two cloves. Do not add salt until the meat is partially cooked, for the salt will draw out the juices, as was explained in the chapter on meats.

The seasonings will impart flavor to the meat, and will also improve the broth. Other seasonings may be used as preferred. A tablespoon of walnut catsup, a green pepper cut in pieces, a few green celery leaves, or a sprig or two of parsley will be excellent.

As to the proper accessory sauces for boiled meats, poultry, and fish, here are a few suggestions:

Boiled Beef — Horseradish, drawn-butter, parsley, or white sauce.
Boiled Mutton — Caper sauce, parsley sauce, celery sauce.
Boiled Fish — Parsley, egg, or Hollandaise sauce.
Boiled Fowl — Drawn-butter, parsley, creole, egg, or Chantilly sauce.

In cooking cereals, the water must always be rapidly boiling when the grains are put into it. This is a fixed rule which must not be overlooked. The greater part of all grains is starch, and each particle of starch is inclosed in a wall of cellulose, which must be broken down quickly so that the starch may be cooked without first soaking and becoming soggy. By exposing the grain to water heated to 212° F. the best results are gained.

These few principles control the cooking of all cereals:

Rapidly boiling water;
Salt added to water;
Cereal sifted slowly into water.

The salt is added to the water before the cereal, as this method improves the flavor; one teaspoon to a pint of water is the proper proportion. The cereal is poured into the water slowly in order that the temperature of the water may not be perceptibly lowered by the cold grain. All grain food should be thoroughly cooked, but it is not necessary, except in the case of rice, macaroni, and spaghetti, to cook them rapidly for the required length of time. After the boiling has been well established, they may be finished in the double boiler or in the fireless cooker.

Rice, macaroni, and spaghetti should be boiled very rapidly, in order that the grains and pieces be kept separate and distinct. When the cooking is finished, these products should be rinsed with cold water to remove starchy particles and prevent them from being pasty, then boiling water should be poured over them to reheat them. By following this method, every grain will stand out separately, white and distinct.

In preparing dried fruits or vegetables for the table, cold water is used, for the reason that these products, having been deprived of all their natural moisture, must be supplied with an adequate amount to make them wholesome and digestible.

All dried fruits and vegetables should be washed and examined carefully. They should then be soaked for several hours in cold fresh water. Beans, peas, and some other very hard products will require to be soaked from ten to twelve hours, fruits but three or four hours. When well expanded, they should be placed over the fire in the water in which they were soaked, and brought slowly to the boiling point, then simmered till tender; sugar should be added to fruits during the last fifteen minutes of boiling.

Eggs require careful treatment in boiling, or they will prove indigestible and unwholesome. The common custom of placing them in boiling water and cooking them from three to five minutes is wrong, because the delicate albumen will begin to

cook the moment the heat strikes the shell, and by the time the yolk has cooked sufficiently, the white of the egg will be hard and tough.

To properly boil them, they should be placed in a saucepan of cold water over the fire and allowed to come only to the boiling point. The saucepan should then be placed on a cool part of the range for two minutes, then the eggs will be soft and jelly-like throughout and perfectly digestible, even for an invalid or a very young child. If liked harder, they may remain in the hot water for a longer time. But they must not boil at any time.

Coffee and tea are often spoiled by the manner in which they are made.

Coffee, if it is not made in a percolator, should be finely ground, but not pulverized. It should be measured and a level tablespoonful allowed for each cup of water. Pour the cold water over the coffee and bring rapidly to the boiling point; as soon as the liquid boils, remove it to a cool part of the range, allow it to stand for a moment, then add one fourth of a cup of cold water to clear it; let it stand again for a short period before serving. Always serve pure cream with coffee if you wish it to be delicate and aromatic.

Tea should never be boiled. Scald the teapot and measure into it one teaspoon of tea for each person to be served. Be sure that the water is fresh and freshly boiling. Water that has boiled some minutes, or boiled and cooled and boiled again,

is flat and tasteless. Pour the boiling water over the tea and allow it to stand in a warm place for three to five minutes. Lemon slices or cream should accompany tea.

Stewing. When stewing meats, the searing of the surface may be accomplished either by plunging the meat into boiling water, or by browning it on all sides in a very little drippings. For a rich brown stew, the latter method is advisable, but as it is more troublesome, the first is frequently used.

If the meat is seared by plunging it into boiling water, the amount of water should be only sufficient to cover it, and as soon as the surface pores have been sealed by contact with the boiling water, the heat should be lowered, or the saucepan moved to a cooler part of the range where the water will merely simmer.

Rapid boiling of meats will not make them tender, even though the connecting tissue between the fibers be reduced to rags; the fibers themselves will still remain tough and stringy. Simmering produces a tender, juicy, richly flavored piece of meat that will be eaten with zest by all who partake of it.

Chicken which is abnormally tough will yield to this method of cookery very successfully. Corned beef, smoked tongue, boiling pieces, and stews of veal, mutton, lamb, or beef will be very appetizing when so prepared, and flavored with various herbs and vegetables. This method is especially recom-

mended in the preparation of fish, which would become broken and unsightly if allowed to boil.

Braising is a more elaborate method of stewing and even less water is used when it is employed. The meat is usually browned first, and various vegetables are added in the process of cooking it. Sometimes no water at all is used, but a small quantity of vinegar is substituted. This has the effect of making the meat even more tender.

Braised Beef or Pot Roast. The flank of beef is excellent for cooking in this way. Remove the skin and some of the fat from the flank, and put these in the oven to render out the fat, covering them with a little water during the process. Sprinkle the beef with two teaspoons of salt, one fourth teaspoon of pepper, and a liberal dash of paprika, a tablespoon of finely chopped parsley, and a pinch of thyme or summer savory. Roll up tightly and tie with a string. Dredge the meat with flour and brown it in a little of the fat, then place in a heavy saucepan with a wine glass of vinegar and two cloves. Cover closely and place over the hot part of the range. When the outer surface of the meat seems well seared, reduce the heat and cook very slowly for two hours. Add no water. Then place a sliced carrot and half an onion in the kettle with the meat, also half a pint of boiling water and a tablespoon of Worcestershire sauce, catsup, or any preferred sauce. Simmer slowly for two hours longer, then take up on a hot platter, remove the

strings, and strain the gravy about the meat after skimming the fat from it. During the cooking a little more water may be added if necessary, and if the gravy is not thick enough, it may be made so by the addition of a tablespoon of flour blended with a tablespoon of water. Any preferred cut of veal, mutton, or lamb may be cooked in this manner.

Braised Roast. A piece of round of beef weighing from three to four pounds may be used for this dish; pork, veal, lamb, mutton, chicken, or duck may be cooked by the same method. In a heavy saucepan place a large onion, carrot, and turnip, all sliced, also a sprig of parsley, and a small piece of bay leaf. Lay a thin layer of fat salt pork over these, then the meat, duck, or chicken neatly tied in position. Cover with thin layers of pork, pour a cup of boiling water in the kettle, and place a tightly fitting lid on the saucepan. If the lid does not fit as closely as it should, cover it with a weight, for the steam must not escape. Place over the fire where it will just simmer for an hour, then add seasonings and simmer for an hour and a half, or until tender. Take up on a platter and place the vegetables about the meat. This dish may be prepared in the casserole in the oven if preferred.

Braised Round Steak with Italian Spaghetti. Cut a pound of round steak into cubes and dip each in flour, then sear all over in hot drippings and place in a heavy saucepan. Cover with the juice from a can of tomatoes or from a quart of

fresh tomatoes, add one large onion sliced, two green peppers cut in small pieces and freed from their seeds, a teaspoon of salt, one fourth a teaspoon of pepper, and a sprinkling of paprika. Cover the saucepan and simmer for two hours. Then add a cup of olive oil and continue simmering till the sauce is quite thick. Meantime, put a pound of long spaghetti to cook in rapidly boiling water and cook quickly till tender. This will require about twenty minutes. Add salt during the last ten minutes of cooking. Drain and rinse with cold water, then pour boiling water through the spaghetti to reheat it. Place the spaghetti on a large platter in layers with grated cheese. Pour some of the sauce over the spaghetti and pile the rest with the meat in the center of the platter. When finished, sprinkle thickly with Parmesan cheese. Serve very hot. Mushrooms may be added to this dish if desired. They should be added to the saucepan with the meat during the last half hour of cooking.

Steaming is an excellent method to use in cooking delicate vegetables. The articles to be cooked are washed and placed in a perforated steamer over rapidly boiling water, which is never allowed to cease boiling until the process is finished. New potatoes, asparagus, peas, lima beans, and all such vegetables as are liable to break or go to pieces in cooking are improved by steaming. As this process requires a longer time than boiling, one should allow one fourth more than the period necessary.

Brown bread, batter puddings, and cereals are steamed by placing the receptacles containing them in rapidly boiling water. Dumplings are steamed by placing them on a plate in the steamer, over fast boiling water.

Boston Brown Bread. Mix together and sift one cup each of rye meal, corn meal, and whole-wheat or graham flour, one teaspoon of soda, and a teaspoon of salt. Add two cups of sour milk to three fourths cup of molasses and combine the mixtures. Turn into a buttered mold and place the cover on tightly. Place the mold in a kettle of rapidly boiling water, cover and steam three hours, then place the mold in a moderate oven for half an hour.

Steamed Fruit Pudding. Cream together one fourth of a cup of butter and one fourth of a cup of sugar. Sift together one and one half cups of flour and two teaspoons of baking powder, add alternately with half a cup of milk to the butter and sugar. Then add the well-beaten yolks of two eggs and a cup of raisins, strawberries, cherries, or any preferred fruit; finally beat in the stiffly whipped whites of the eggs and pour into a buttered pudding mold. Steam in the same manner as described in the foregoing recipe for an hour and a half.

CHAPTER XVI

ROASTING

Roasting { Broiling, Toasting, Planking, Parching }

Roasting is the most elemental of all forms of cookery. It is a survival of that earliest of all methods of burying meats or herbs in the hot sand or in hot ashes until they were seared on all surfaces. This primitive manner of cookery is still observed in camps, and many a delicious dish of freshly caught fish, game, roast potatoes, or corn is prepared in the ashes of the camp fire.

Later, when kitchens and fireplaces came into fashion, the housewife roasted her meats by suspending them before the blaze of the open fire, placing a pan beneath them to catch the juices, with which she frequently basted the smoking joints. In these days of gas and coal ranges we no longer utilize the open fire for preparing meats, but place them either in the well-heated oven to roast, or we broil our steaks or chops by means of the coals or gas flame — for broiling is but another form of roasting as it was originally understood. Toasting is still another

form of roasting, and planking and parching are also included in the same class. By observing the following principles, any piece of meat may be successfully roasted:

Hot oven;
Meat placed in oven without water;
Boiling water added after surface searing is complete;
Frequent basting.

Roasting by means of the oven is quite as satisfactory a means of cooking meats as the open fire, when the oven is well constructed and well ventilated. For successful roasting, the oven should be hotter than for bread baking. If a thermometer be used, the mercury should point to 450° or 500° F. The meat should be well wiped with a damp cloth, sprinkled with a little flour, placed on a rack in a dripping pan, and put into the oven without seasoning. In fifteen minutes, when the surface of the meat is well seared, the heat of the oven should be lowered, and the cooking continued. One cupful of boiling water may be placed in the pan after the meat has been roasting half an hour, to mingle with the fat and to be used in basting the meat every fifteen minutes. Basting is very necessary in roasting, as it prevents the meat from becoming dry.

It is not always necessary to have an expensive piece of meat for roasting, as some of the cheaper cuts, if properly prepared, may also be cooked by this method. If one of the tough, coarse, but juicy portions is selected, it should be finely chopped,

made into a loaf with suitable flavors, and roasted in the same manner as a finer cut.

Italian Beef Loaf is excellent. Chop together or run through a food chopper a pound of beef cut from one of the coarser sections and half a pound of fresh lean pork. Add one finely chopped green pepper, a teaspoon of salt, one fourth of a teaspoon of pepper, and paprika to taste. Beat one egg and mix with the meat and flavorings, then add a cup of soft bread crumbs. Make into a loaf and place strips of bacon across the top. Place in a greased dripping pan and pour two cups of strained tomato juice about the meat, add a small onion sliced, and a very small piece of bay leaf; also one fourth of a teaspoon of salt and a sprinkling of pepper. Roast the loaf in a hot oven for forty minutes. Then remove to a hot platter and strain the gravy around it.

Broiling is but another form of roasting, or perhaps one should say that roasting is a form of broiling, for they are very similar in their results. But while roasting is the form of cookery usually selected for the preparation of large pieces of meat, broiling is preferable for those cuts having a broad flat surface, such as steaks, or for such smaller cuts of meats as chops or cutlets; fish and chicken are often cooked in this manner also, especially when they are tender and delicate.

As in roasting the object is to coagulate the albumen on the surface of the meat as quickly as possible and prevent the juices from escaping, so it

is in broiling. The pores must be sealed speedily, and all of the flavor and rich juices imprisoned in the meat.

In those kitchens which are equipped with gas ranges, the broiling is accomplished under the flame of the broiling oven. If a coal range is used, the meat is placed on the hot broiler and held over the red coals. To successfully broil meat, fish, or chicken, the following principles must be observed:

Heat the broiler thoroughly before placing the meat upon it.
Rub bars of broiler with a bit of fat or suet.
Cook quickly, turning often.

As the pores of the meat are to be quickly seared, it is necessary to heat the broiler very thoroughly before placing the meat, chicken, or fish upon it. The flesh of the article to be broiled would stick to the hot bars so that it is always well to prepare them by rubbing with a bit of suet or fat. If the coal fire is used, it must be clear, bright, and hot. If the gas oven is the medium, place the broiler about two inches from the flame at the beginning of the broiling process, and turn the meat until it is thoroughly seared on both sides. Then the broiler may be placed five inches from the flame to finish the cooking.

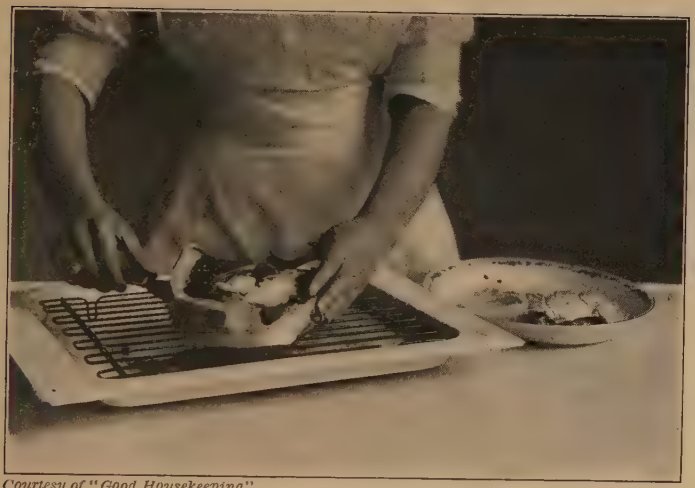
Turn the meat on a hot platter on which you have placed a piece of butter and a little salt and pepper. Baste with this butter or turn the meat in it once or twice, then serve hot.

Broiled chicken or steak may be garnished with

water cress or parsley, broiled fish with parsley or lemon slices. Fish or chicken should be split down the back, opened, and spread quite flat before broiling.

Planking may be regarded in the same class with broiling, as the articles which are most often cooked in this manner are usually broiled on one side first, then finished on the plank. In selecting a plank it is always best to choose one of oak, as they are heavy and durable. Then too the tang of the wood adds greatly to the delightful flavor of the fish, meat, chicken, or vegetable which is to be prepared on it.

Planked Fish. Shad, whitefish, or any of the large fish may be prepared in this way. Clean the fish, split it down the back and spread it open, quite flat. Place it skin side down in a hot buttered dripping pan under the gas flame or in a very hot oven. Meantime, heat the plank very hot and rub it with a little fat or butter. When the fish has broiled till well seared, turn it skin side up on the hot plank. Sprinkle with salt and pepper and brush over with melted butter. If a large fish, cook thirty minutes in a hot oven. Then make a border of mashed potatoes, forced through the pastry tube, about the fish; stuffed tomatoes or peppers may also be placed at intervals on the plank. Return the plank to the oven or place it under the flame of the broiling oven until the potatoes are brown. Serve the fish on the plank. Chicken and beefsteak are planked in the same manner.



Courtesy of "Good Housekeeping"

PLACING STEAK ON BROILER

Courtesy of "Good Housekeeping"

PLANKED STEAK WITH POTATO BORDER

Planked Steak is a good dish. Purchase a sirloin steak and broil on a hot greased broiler on one side only. Then turn on to a hot buttered plank and return to the broiler or to a very hot oven and cook for seven minutes. Border with mashed potatoes beaten with the yolk of one egg, and place turnips cut like cups and boiled till tender then filled with peas, about the potatoes. Stuffed onions or peppers may be served with this dish in place of the turnips. Return to the oven to brown. Serve on the plank.

Toasting and Parching are forms of roasting also. Toasting resembles broiling, as the article to be prepared is placed under the gas flame or over the hot coals. Parching is done in the oven, and is a method often employed to dry bread, corn, or herbs.

Bread to be toasted should be at least twenty-four hours old. Cut it in one fourth inch slices and remove the crusts very neatly. These thin crusts are very nice parched in a slow oven and served with tea or cocoa. Toast the bread slices over a clear hot fire or under the gas flame until they slowly take on a deep golden color. Serve dry or spread with butter as desired.

Cinnamon Toast. Toast the bread as described, taking care that it does not brown before it is dry, or it will not be wholesome. Spread with melted butter and sprinkle thickly with granulated sugar mixed with powdered cinnamon. Place in a hot oven for a moment before serving.

Parched Bread for Garnishing. Cut the bread in slices half an inch thick, then with a sharp knife cut in cubes, diamonds, squares, or oblong pieces. Place on a tin plate in a very moderate oven and allow them to remain until a golden brown.

CHAPTER XVII

BAKING

Although modern housewives use the ovens of the coal or gas or kerosene ranges for both roasting and baking, and so regard these two processes as very similar, they were formerly entirely distinct and separate. Roasting, as I have explained, previously was done before an open fire, but the baking was carried on in a huge oven built of bricks, in which a fire was built and kept burning for some hours; then the oven was swept clean, and the bread, pies, cakes, and other foods baked in the heat which was still retained by the bricks or tiles.

No doubt many of the dishes which were prepared in this way were very delicious, but no one can deny that the present manner of baking is far more convenient to the housewife. In all first-class ranges, whether constructed for the burning of wood, coal, gas, or kerosene, the oven is well ventilated and calculated to turn out perfectly baked products if the heat is properly regulated.

If it were possible for every housewife to possess an oven thermometer, many of the failures which are due to guesswork in baking would be eliminated; but even without such a contrivance, it is possible

to attain perfect results in baking. The old-fashioned paper test to determine the temperature of the oven is a very good one, and is used with excellent results by many good cooks. In using this test, the oven is heated, and a piece of white paper placed on the lower shelf and the door closed. If the paper browns delicately and evenly in three minutes, the oven is what is termed a moderate oven, and suitable for most cakes, corn breads, puddings, and meat dishes made from the coarser cuts. For fruit cakes, meringues, and those dishes which require long, slow baking the paper should not brown well until it has been in the oven for nearly four minutes.

Baking-powder biscuits, bread, small cakes, and muffins demand a quicker oven than a moderate one, so the paper must become distinctly brown in two minutes. And for roasts, the paper must brown in one minute.

If bread is placed in too hot an oven, it will suddenly cease to rise and will not be as light as it should, while cake baked in too great heat will split. Too cool an oven will produce a loaf of bread that is overlight and very porous; and the cake will rise and run over the sides of the pan.

In baking bread the oven should be very hot when the loaves are put in to bake, and should be cooled slightly as the baking proceeds, while cake, on the contrary, requires a cooler oven at first, with a gradual and increasing heat. The reason for this lies in the different methods by which the bread and

cake are leavened. Yeast-risen products must be placed in a heat great enough to check the growth of the yeast plant, while cakes which are made light by the use of baking powder or soda must be allowed to rise after having been placed in the heat.

It is always advisable to place a cake in an oven rather too cool than too hot, allowing the heat to increase gradually as the leavening agent does its work. Never move a cake in the oven until it has become well set, for the cells which have been formed by the rising of the batter, not having become fixed, will break, and the batter fall if the pan is disturbed; and as the carbon dioxide or leavening agent has exhausted itself and has no more power, the cake will be heavy and indigestible.

Pastry should be very cold when placed in the oven, and the oven should be as hot as for bread. This will cause the pastry to become light and digestible. If placed in a moderate oven, the fat dissolves, mixes with the starch, and produces a tough mass very difficult of digestion. Pies made with one crust require careful baking, as the pastry must be quickly finished, while the filling usually is of such nature that it requires a slow oven. Therefore, the correct method for making lemon meringue, custard, pumpkin, or squash pies is to bake the shell of pastry first, cooking the filling on the top of the range, and then to pour it in the pastry shell, and brown the top of the pie delicately in the oven. Such a method will produce a wholesome, delicious pie.

Lemon Meringue Pie. Make the pastry after foundation formula for flaky pastry, and cover the outside of a greased pie plate with it. Prick with a fork in various places, then place the inverted pie plate on a dripping pan and bake the crust in a hot oven. Cool, remove, and fill with this mixture: Mix one tablespoon of cornstarch with three fourths of a cup of sugar and one tablespoon of flour; pour over them three fourths of a cup of boiling water, stirring constantly. Cook over hot water for three minutes, then add a teaspoon of butter, three tablespoons of lemon juice, the grated rind of one lemon, and one eighth of a teaspoon of salt; also two well-beaten egg yolks. Simmer till the egg has cooked, then pour into the pastry shell, cover with a lemon-flavored meringue, made as described on page 109, and brown in a very moderate oven.

Custard Pie. Prepare the pastry shell as described for lemon meringue pie and fill with custard filling, made as follows: Scald a cup and a half of milk, and beat two eggs to a light froth with three tablespoons of sugar, one eighth of a teaspoon of salt, and a tablespoon of cornstarch; pour the hot milk over the sugar and egg mixture and cook over hot water till the mixture thickens, then add a grating of nutmeg or mace or half a teaspoon of vanilla extract. Cool slightly, pour into the pastry shell, and place in a moderate oven to brown.

Pumpkin or Squash Pie. Prepare the pastry shell, and make the filling as follows: Mix together one

and a half cups of steamed and strained squash or pumpkin, two thirds of a cup of brown sugar, two well-beaten eggs, a grating of lemon peel, a teaspoon of lemon juice, teaspoon of cinnamon, one fourth of a teaspoon of ginger and mace, and a scant tablespoon of cornstarch. Scald two cups of milk and pour over the mixture. Stir over boiling water till well mixed, then pour into the shell, and bake till brown.

Fruit is often cooked by baking and is always a wholesome, popular dish when so prepared. Rhubarb, quinces, prunes, apples, pears, and other varieties lend themselves well to this method of cookery. A moderate oven is best for baking all fruits, as the richness of flavor is more readily brought out by such a method.

Rhubarb should be cut in lengths, washed, but not peeled, unless very tough and stringy. Place it in a baking dish with a few bits of orange or lemon peel, cover it with granulated sugar, and add a very little water. Place in a moderate oven and bake till tender.

Baked Pears or Quinces. Core, wash, but do not peel, the fruit, and place in a covered dish, half filling the latter with cold water. Put the dish (a casserole is excellent for this purpose) in a moderate oven and bake till the fruit may be pierced with a fork. This will usually require an hour; then add sugar to taste and bake fifteen minutes longer.

Baked Apples. Core large red apples and pare them one third of the way, place in a covered baking pan, and cover with a syrup made by boiling one cup of water with one of sugar for five minutes. Cover the pan and bake the apples till tender but not broken. Then remove the cover and sprinkle the apples with sugar. Place at the top of a very hot oven or under the gas broiler to glaze the sugar. Baste with the syrup several times. Serve cold, topped with whipped cream, or with plain cream.

Baked Prunes. Wash a pound of prunes and soak for several hours in cold water. Place in a covered baking dish in the oven, in the water in which they were soaked. Bake till tender; then add a small amount of sugar and continue baking ten minutes. For flavor, a little lemon or orange peel may be added to the prunes when put in the oven.

CHAPTER XVIII

FRYING

Frying { Boiling in Deep Fat / Sautéing / Pan Broiling

All foods that are prepared for the table by being cooked in fat are termed fried foods, although those which are cooked in only a small amount of fat are really sautéd, and those which are cooked in a hot pan which has been merely coated with fat are pan broiled. Frying proper means immersing the food into deep, boiling fat, and allowing it to remain there until it is brown and well cooked throughout.

Fried foods are not more injurious than those cooked by any other means if they are well fried. It is only when they are served floating in surplus grease, or dry and tasteless, showing that the fat was not of the correct degree of temperature, that they become harmful.

Deep frying requires more skill than any other type of cookery. To know when the fat is at just the correct heat for cooking fish, croquettes, fritters, or whatever has been selected, takes good judgment and experience, for not all foods that are fried demand fat of the same temperature. Those

foods which are made of mixtures which have been previously cooked, like croquettes, rissoles, and similar dishes, may be fried in fat that is much hotter than that in which raw products like doughnuts, meats, and raw vegetables are cooked, because the latter must be given an opportunity to cook thoroughly to the very center, and if the fat is too hot they will burn before this is accomplished.

To fry any article of food satisfactorily, the following principles must be observed:

Use a heavy kettle.
Fill it at least two thirds full of fat.
Test fat before beginning to fry article.
Use hotter fat for previously cooked than for raw foods.
Always drain fried articles on paper before serving.
Never fry too many articles at once.

A heavy iron kettle, or one which is very secure and solid, is the only utensil that should be selected for frying, as great harm might occur should the kettle tip and spill the hot fat on the fire. Besides, a heavy kettle will keep the fat at a more even temperature than a light one, which is always an advantage in frying.

To fry satisfactorily there must be sufficient fat in the kettle to float the articles to be fried. This may be either lard, vegetable oil, clarified drippings, or a blending of any or all of the three. Lard is, perhaps, the most economical of all the frying mediums, as it not only produces better results, but may be clarified again and again, while many of the others are usable but once.

When deep frying is used as a method of food preparation frequently, it is well to use the fat first for doughnuts, fritters, or croquettes; later, after clarifying, it may be used for potatoes or other vegetables, and finally for fish. Never fry fish first and the more delicate articles later in the same fat.

To test the fat for deep frying, place it in the kettle over the fire and watch it closely. If lard is used, a bluish smoke will be noticed rising from it as it heats. When this occurs, the fat is usually ready for use. Try it by dropping in a cube of soft bread. If the bread browns delicately, but unmistakably, in forty seconds, it is hot enough for uncooked foods, such as crullers, chops, or potatoes. If croquettes or other cooked mixtures are to be fried, the fat must brown in twenty seconds. Never attempt to fry too many articles at once, for no matter how hot the fat may be at the beginning of the operation, it will become cool as the cold foods are dropped into it, and unless great care is taken the grease will soak into them. If the fat is just right, the surface of the article will become crisp almost as soon as it is dropped into the fat. This will harden the outer surface so that the inside may become thoroughly cooked without being penetrated by the fat.

A frying basket is a great convenience. The articles to be fried are placed in it, and the basket is submerged in the boiling fat; when they are brown, the basket is lifted from the fat with all of

its contents intact. When a fork is used in lifting foods from the fat, it is difficult not to break them.

If the fat sputters while it is heating, it denotes the presence of water, and it will be impossible to fry any article successfully while this condition exists, for the fat will not become any hotter than boiling water, which is 212° F., while for successful frying it must be at least 350° F. The only thing to do in such cases is to wait until the water in the fat has evaporated. As soon as this occurs, the temperature of the fat will increase to the required degree.

After the frying is completed, the fat may be clarified and made ready for use again. Place the frying pan on the back of the range and drop a few slices of raw potato in it. Let them remain in the fat until they have gradually become a deep brown. Then strain the fat into a jar through a piece of cheesecloth. It may be used again and again, if this method is followed after each frying.

Croquettes, fish, oysters, and other foods are usually dipped in well-beaten egg and then in bread or cracker crumbs before frying. The egg is beaten with a tablespoon of water and then strained; then the croquette, chop, or other food is dipped into it and well covered with the egg on all sides. After this operation, lay the articles to be fried on a plate of fine bread crumbs which have been mixed with a little pepper and salt. Turn them over in the crumbs so that every part is well covered, then set

aside until all are dipped. Place the articles to be fried in the frying basket and dip them into the deep, hot fat. As soon as they are brown, they will be ready to take from the fat. Lift carefully on to soft paper and allow them to drain for a few moments before serving. Articles which have been egged and crumbed may be set aside for an hour or longer before frying without injury.

Fried Oysters. Clean and dry large oysters between towels, season them very lightly with salt and pepper, and dip in fine bread crumbs; then dip into well-beaten and strained egg, and again into fine crumbs. Fry in deep fat as described. Drain on paper and serve with any preferred sauce. All small fish, crabs, chops, and cutlets are fried in the same manner.

Chicken Croquettes. Make the thick white sauce according to foundation formula on page 49; to one cup of sauce add a cup and a half of finely chopped cold chicken, half a teaspoon of salt, one fourth teaspoon of pepper and a dash of mace, a few drops of onion juice, and a few drops of lemon juice. Spread on a platter to cool. Then make into desired shape, dip in egg and fine bread crumbs, and fry as directed. All meat mixtures and croquettes of other meat than chicken are made in the same way. A few chopped mushrooms may be added to the chicken mixture if desired.

Rice Croquettes. Wash half a cup of rice and cover with half a cup of boiling water, then cover

and cook over hot water until the rice has absorbed all the water. Now add a cup of scalded milk, stir lightly with a fork, and steam until the rice is very soft. Remove from the fire and add two tablespoons of powdered sugar, the grated rind of half a lemon, two well-beaten egg yolks, and a tablespoon of butter. Spread on a platter to cool. Shape in balls, roll in crumbs, then in well-beaten egg, and again in crumbs. Fry as directed.

French Fried Potatoes. Wash and pare small potatoes and cut them in eighths lengthwise. Soak for an hour in cold water, then dry between towels, and fry in deep boiling fat. Drain on paper and sprinkle with salt.

Sautéing, which is a type of frying, is a method used in cooking many articles which are usually merely browned in shallow fat. It is really a less wholesome way of preparing food than deep frying, as it is almost impossible to cook foods in this way without allowing the grease to penetrate them. Nevertheless, sautéing is a popular form of cookery and is useful in warming up left-over foods, or for cooking small quantities. The article to be cooked is placed in the frying pan with a small amount of butter or shortening and tossed or stirred frequently until it is brown. It is then seasoned and served.

Lyonnaise Potatoes. Left-over cold boiled potatoes are used in making this very popular and appetizing dish. Slice two small onions after paring them and place in a frying pan with a tablespoon of

butter or other fat. Cut five or six cold boiled potatoes in thin slices and add to the onion, stir them frequently till a pale brown, then season and sprinkle with finely chopped parsley and a few drops of lemon juice.

Mushrooms Sautéd with Bacon. Cook thin slices of bacon till crisp and brown, then remove the slices and keep them hot. Peel and slice large mushrooms and sauté in the bacon fat till tender. This will require about seven minutes. Drain on paper, sprinkle with lemon juice, and serve with the bacon.

Sautéd Apples with Salt Pork. Cook thin slices of salt pork till crisp and brown. Core and cut in quarter-inch slices tart, nicely flavored apples. Drop them in the pork fat and sauté till brown. Serve on a hot platter with the pork as a garnish.

Pan Broiling, which is the third division of frying, is cooking with just enough fat to prevent the meat or other articles under preparation from sticking to the pan.

Pan-broiled Lamb Chops. Heat a frying pan very hot, then rub it over very lightly with a piece of pork or other fat, place the chops in it, and allow them to sear nicely on one side. Then turn and sear them on the other side. Now reduce the heat slightly and finish cooking the meat. As fat collects in the pan, remove it, or the meat will be fried instead of pan broiled. Season when the cooking is finished.

Deviled Pork Chops with Mashed Potatoes. Mix together two tablespoons of melted butter, one tablespoon of chili sauce, one of Worcestershire sauce, tablespoon of walnut catsup or lemon juice, teaspoon of mixed mustard, and a few grains of cayenne. Pan broil lean pork chops slightly on both sides, then gash them slightly on each side, and place in a dripping pan or casserole. Cover with the sauce and bake in a hot oven till finished. Mash potatoes as usual and make a pointed mound of them. Arrange the chops in a pyramid about the potatoes and place turnip or carrot cups filled with creamed mushrooms or peas between the chops. Stick a paper rosette in each turnip.

English Mutton Chops with Currant Mint Sauce. Have the butcher bone and roll rib mutton chops with several slices of bacon inside. Then cut the roll into slices about an inch and a half deep, so that each slice looks like a miniature roast beef. Pan broil the chops for ten minutes, turning often. Then place them in a dripping pan and finish cooking in the oven. When done, place on a hot platter and garnish with parsley. Over each chop spread a sauce made as follows: Beat to a paste half a cup of currant jelly and add to it a tablespoon of finely chopped mint leaves and a very little grated orange rind. Serve the rest of the sauce in a sauce boat.

CHAPTER XIX

THE CONSERVATION OF FRUITS AND VEGETABLES

- Conserving Fruits and Vegetables
  - Canning
    - Fruits
    - Vegetables
  - Preserving Fruits
  - Jams and Marmalades: Tart and Juicy Fruit
  - Jellies: Only Those Fruits Rich in Pectin
  - Spiced Fruits
    - Cherries, Plums,
    - Grapes, Peaches,
    - Pears, Crab Apples
  - Conserves: Mixed Fruits

Perfect sterilization is the secret of success in conserving fruits and vegetables of all kinds. One may select whatever method one pleases, — the old-fashioned open-kettle system or the newer cold-pack method, advocated by the government, — but the principles which underlie these or any other method of canning or preserving are absolute cleanliness, freedom from germs or mold spores of all sorts, sterility of the kind which is observed in the surgical wards of the hospitals. When the housewife understands this clearly and realizes that only by practicing the utmost care to observe this cleanliness can she be sure of success in her work, then canning and preserving will become an easy matter to her. And to obtain this state of immunity from germs, bacteria, and floating mold

spores with which the air is filled, it is necessary to thoroughly scald and boil all of the jars, tops, and utensils which are to be used in the work, and then to guard them carefully from a further attack by the germ enemy, which is present in the dust, the air, and on all unsterilized vessels. When these precautions are taken, success in canning is almost assured.

There are certain principles which should be regarded in all work of this kind; they are:

Sound, not overripe fruit and vegetables;
Plenty of boiling water;
Adequate heat;
Perfect sterilization of jars and utensils;
Reliable jars and rubbers;
Secure sealing.

Canning is the most difficult method of fruit conservation, but it is the method most often used and the least expensive. It is the only method, except drying, for keeping vegetables also, and for that reason, if for no other, it should be thoroughly comprehended.

The most reliable and simple method of canning is the cold-pack method. It is used by the large canning factories and is also recommended by the United States Government. This method consists of four processes:

Scalding or blanching,
Cold dipping,
Packing in jars,
Sterilizing.

Scalding consists in dipping the vegetables or fruit in boiling water, which makes peeling them an easy matter. This is used for tomatoes, peaches, plums, apricots, and similar products.

Blanching is merely allowing the products to remain for a longer period in the scalding water, or even boiling them for a few moments, which removes any acid or acrid taste and makes them more easily managed in the later processes.

Cold Dipping, after the articles have been blanched and drained, is plunging them into cold water. This plumps them and makes them more attractive in appearance and also more firm after their bath in the boiling water. It also preserves their color and flavor.

Sterilizing is the boiling or steaming of the packed jars both before and after sealing.

All of the above processes are used in canning fruits and vegetables. In the former the fruits, if large, are cooked for a short time in a thin syrup before being placed in the jars.

Preliminary Preparations

Before beginning the canning, be sure that everything necessary to the work is at hand. Jars, rubber tops, a large-mouthed funnel, dipper, large spoons, plenty of towels, at least two saucepans of ample size, a jar lifter, and a canner or a wash boiler fitted with a rack on which to place the

jars to be sterilized. Several small sharp knives are also necessary. Test the jars and see that the covers fit them perfectly, then wash both jars and tops in warm water, to which has been added a teaspoon of baking soda. After washing, place them in a kettle of cold water, and bring slowly to the boiling point, then boil for three or four minutes. Leave the jars in the boiling water until you are ready to fill them. When taking them from the water be very careful not to touch the inside, as they would then require to be re-sterilized. Observe the same care in removing the covers from the water, place them on a sterilized plate, and do not touch except on the outer surface. Twirl the rubbers in the boiling water before adjusting them on the jars.

The following vegetables require blanching: string beans, asparagus, spinach, beet tops, dandelions, green peppers, cauliflower, Brussels sprouts.

Prepare the vegetables as for the table, then place them in rapidly boiling water to which salt has been added in the proportion of one tablespoon to a gallon of water. This preserves the color of the vegetables and also their flavor. Boil rapidly for five minutes. Then cold dip them, drain well, and place in the sterilized jars. Now fill the jars with boiling water, add half a teaspoon of salt to each jar, place the covers on, and partially tighten them. Stand the jars on a rack in a wash boiler, or in a canner and fill to within one inch of the tops with

water. Place the cover on the boiler or canner and bring rapidly to the boiling point. Boil for two hours and a half.

At the end of this time, lift the jars carefully from the water, tighten the covers securely and return the jars to the boiler, this time on their sides and submerged in the boiling water. Cover again and boil for ten minutes. The jars may be allowed to cool in the water if the canner is not required immediately, or they may be lifted from the water, the covers again tightened, and the jars placed where no draft can reach them to cause them to crack.

Delicate vegetables, such as peas, lima beans, and corn, require light blanching, and cold dipping. They should be placed in the sterilized jars, the latter filled to overflowing with boiling water, half a teaspoon of salt added to each jar, the rubbers and covers adjusted lightly, and the jars placed in the canner or boiler, hot water poured around them to within an inch of the tops and the sterilization continued for two hours. Then the covers must be fastened securely and the jars submerged in boiling water and sterilized for ten minutes.

When corn is canned, it is cut from the ears and placed in the jars with the salt and boiling water, then sterilized for three hours.

Vegetables which have a distinct cellulose structure, like beets, turnips, parsnips, or carrots, are

canned in the following manner: select young tender vegetables, wash them, — and in the case of all except beets pare or scrape them, — then cover with boiling water and boil for half an hour. Drain and cold dip them. Beets should be skinned after removing from the cold dip. If the vegetables are small and tender, they may be packed whole in the jars. Adjust the rubbers and fill the jars with boiling water. Place the tops on lightly and stand the jars in the boiler. Surround with water to within an inch or two from the top. Cover and boil for an hour. Then fasten the tops securely without taking them from the jars. Submerge the jars in boiling water and boil for twenty minutes.

Fruit Canning

Fruits are canned in much the same manner as vegetables. Small fruits like strawberries, raspberries, blackberries, etc., require no scalding or blanching, but are packed directly into the jars. Then a thin syrup is poured over them and they are finished like the vegetables. Half an hour should be allowed for the first boiling, then ten minutes after the jars are securely sealed and submerged in the boiling water.

Strawberries require a heavier syrup than the other small fruits, as they are more acid. Allow a pound of sugar and half a pint of water to a quart of fruit. Boil the sugar and water together for

seven minutes, then cool it slightly, and pour over the fruit, packed as closely as possible in the jars.

For **Raspberries** and other berries, half a pound of sugar with half a pint of water, boiled for seven minutes, will make a syrup that is sufficiently heavy.

Peaches, **Plums**, **Pears**, and other large fruits are treated in a somewhat different manner. Peaches and plums are scalded, cold dipped, and peeled, then halved or left whole as desired. Pears and quinces are peeled and halved. The fruits are then blanched in a thin syrup for ten minutes, lifted carefully from the syrup into the sterilized jars, the syrup is poured over them, the rubbers and tops adjusted, and the jars submerged in hot water and boiled for thirty-five minutes. Be sure that the syrup fills the jars to the very top before adjusting the covers. In canning peaches and plums one may improve the flavor by adding a few of the kernels from the pits to the syrup.

CHAPTER XX

PRESERVING AND JAM MAKING

Preserving is a less complex process than canning, although a more expensive one, as a greater amount of sugar is demanded, but the sugar is useful as it aids in keeping the fruit.

Sugar is used in canning also, but it is a strange fact that used in small quantities this product will induce fermentation unless great care is taken to make everything perfectly sterile, although when it is used in the form of a heavy syrup it possesses what the chemists term bactericidal properties, which mold spores and germs will avoid. Therefore, while it is always well to observe the same regard for chemical cleanliness in every form of fruit conservation, it is not necessary to go through the same processes of blanching and sterilizing in the jars as in canning.

Science has taught us that the old-time idea of a pound of sugar to a pound of fruit is not necessary. Three fourths of a pound will make as highly concentrated a syrup as is necessary for keeping most fruits. A few very acid varieties may require the larger amount, or if an unusually heavy syrup is desired the pound for pound method may be used.

In preserving all fruits the following principles should be rigidly observed:

Select only sound ripe fruit.
Sterilize jars and utensils.
Use the best white sugar.
Preserve small amounts at a time.
Observe accuracy.

When preserving small fruits, wash, measure, and pick them over carefully, laying the bruised or imperfect ones aside for making the syrup. Crush the latter and drain through a jelly bag. Add the juice to the sugar, or if the berries are all perfect, half their quantity of water should be added to the syrup. Bring rapidly to the boiling point and skim. Cook for five minutes, then add the fruit, a small quantity at a time, to the syrup, and cook gently till it can be pierced with a fork. By this time the fruit will be almost transparent and fully permeated with the syrup. Lift carefully, piece by piece, into the jars, then add more fruit to the syrup, and cook in the same manner. When all the fruit has been cooked, drain the juice that has gathered in the jars, and return it to the kettle. Boil the juice once more for five minutes, then pour it over the berries and stand aside to cool. Do not cover or seal till quite cold, as the juice will be less thick if the jars are sealed while hot. Protect from the air and dust with a pane of glass placed on supports which prevent it from quite touching the jars.

Large fruits are pared, halved, sliced, or left whole as preferred, and are cooked in a syrup made of three fourths their quantity of sugar boiled to a thick syrup with half its quantity of water. Cook only a small quantity of fruit at a time in the syrup and allow each piece to become almost clear before removing it to the jar. Drain the syrup from the jars when all the fruit is cooked, add it to that in the kettle, and boil ten minutes, then pour over the fruit. Finish as directed in preserving small fruits.

Jams and Marmalades

Less perfect fruits are required for the making of jams and marmalades than in canning or preserving. And while one should be careful to exclude all decayed specimens, those which are a little overripe or bruised need not be discarded in this form of conservation.

In jam making the fruits are mashed so that no distinct pieces are present in the finished product; in marmalades the fruits are cut into very minute pieces, which are kept separate and distinct by adding the sugar early in the cooking.

The following principles govern all jam making:

Place fruit over the fire without sugar.
Mash and stir frequently.
Add sugar when fruit is cooked to a pulp.
Cook till thick.
Seal when cold.

Berries, cherries, currants, and other small fruits should be washed well and picked over carefully. Measure them and allow three fourths their quantity of sugar. Place the fruit over the fire in porcelain-lined kettles, and cook till soft. Mash well until no distinct pieces are noticeable. Then add the sugar and cook very slowly till thick. Stir frequently to prevent burning. Pour into sterilized glasses and seal when cold.

In making marmalades, these principles should be observed:

Cut fruit in small pieces.
Cook with sugar till thick.
Boil very gently.
Seal when cold.

Wash, measure, and pick over the fruits, and if peaches or other large varieties are used, peel them; cherries should be pitted. Cut in very small pieces and place over the fire without the sugar for a few moments until heated through, then add the sugar and cook very gently till thick, stirring frequently. Pour into sterilized glasses and seal when cold.

Combinations of fruits make delightful jams and marmalades. Currants and raspberries; white grapes and peaches; cherries and pineapple; rhubarb and strawberries all are delicious combinations. In making jam of currants and raspberries, it is well to cook the currants for a few moments first, then to extract the juice, add it to the raspberries and cook as in other jams. Pit cherries and remove the seeds from the white grapes in making the marmalades.

Jellies

In selecting fruit for jelly making, always bear in mind that that which is underripe is preferable to the fully or overripe. The jelly-making quality in fruit is a property which is known as pectin; this is only present when the fruit is either just ripe or merely turning; when the fruit becomes a little overripe the pectin has disappeared from it, and it will be impossible to make a satisfactory jelly. And not all fruits contain this pectin at any stage. Currants, grapes, cranberries, crab apples, quinces, and plums are rich in pectin and will make perfect jelly if used before overripe. Blackberries also contain a sufficient quantity of pectin for jelly making while slightly underripe. Other fruits must be combined with one of these varieties if it is desired to make jelly from them. By adhering to these principles, success in jelly making will be assured:

Sterilize all utensils.
Select fruit which is not overripe.
Cook without sugar.
Drain through flannel bag.
Boil again without sugar.
Add sugar.
Seal when cold.

Jelly molds quickly and readily if glasses and utensils used in its making are not rendered perfectly sterile; therefore, it is well before beginning the jelly making to place all utensils, glasses, etc., into cold water and bring them quickly to the boil-

ing point. Look the fruit over well, but do not wash it unless dusty. If necessary to wash it, drain well before cooking, as the presence of water prevents perfect results.

Put the fruit over the fire and bring quickly to the boiling point. Cook for a few moments, then turn into the jelly bag. Allow all of the juice to drip through but do not squeeze the bag. Reserve the pulp for another purpose, which I will describe shortly. Measure the juice and allow an equal amount of sugar. Put the juice into a clean preserving kettle and place over the fire, bring quickly to the boiling point, and boil rapidly for ten minutes. Then add the sugar and stir until it has dissolved. Boil quickly for ten minutes, then try a little of the syrup on a saucer. If it begins to congeal about the edges, the jelly is finished. Pour into hot glasses and place in the sunshine to cool.

Some fruits require longer boiling than others. I have even found it necessary to cook the juice with the sugar for twenty minutes, and again in making currant jelly, scarcely any boiling was necessary, so the only safe way to determine when the correct point has been reached is to try the syrup on a cold plate or saucer.

In making currant, blackberry, and grape jelly, it is an excellent plan to heat the sugar before adding it to the juice. This method facilitates the process.

Fruits in which pectin is lacking must be combined

with those rich in this jelly-making quality. Peaches, pears, and other large fruits may be used with apples or crab apples. Cherries, raspberries, and small fruits of any variety may be combined with currants.

Fruit Butter

The pulp remaining in the jelly bag after the juice has dripped through may be used in making a second grade of jelly or in making a spiced butter to eat with cold meats or with bread.

If it is desired to use it for jelly, squeeze the bag until all the pulp is dry. Then measure the juice and allow an equal amount of sugar, and proceed as in making the first grade of jelly.

In making the spiced butter, turn the pulp into a sieve and press it through with a wooden spoon or potato masher. To each pint of pulp add one fourth a cup of good cider vinegar, three fourths of a pint of granulated or soft white sugar, a teaspoon of ground cinnamon, and half a teaspoon of ground cloves. Cook gently till thick. Then pour into glasses and seal as usual.

Spiced Fruits

Spiced or sweet pickled fruits are very much liked for serving with cold meats. They are easily made and keep very well. Peaches, pears, plums, crab apples, cherries, and grapes are usually selected for this method of conservation, though other fruits may be used if desired. Good cider vinegar, the

best quality of spices, and perfect fruits should be selected for spicing. Brown sugar is sometimes preferred to white for this purpose.

For any variety of sweet pickled fruit, prepare a syrup by boiling together two pounds of sugar, a pint of vinegar, with an ounce of stick cinnamon and half an ounce of cloves placed in a small bag that may be removed when the fruit has been cooked. This quantity of syrup will answer for half a peck of peaches or a corresponding quantity of other fruit. If peaches are to be used, rub them with a cloth to remove fuzz, but do not pare them; if other large fruit is used, wipe with a cloth and halve or leave whole; drop them into the syrup and cook for five minutes, then remove from the fire and allow to stand for twenty-four hours. Then drain the syrup from the fruit and bring it again to the boiling point, return the peaches to it, and cook till tender. Place in stone jars, or in the usual quart jars, and seal when cold.

Small fruits may be finished at the first cooking. The intermittent process prevents the large fruits from breaking and becoming too soft.

Conserves

Conserves are made from combinations of fruit cooked with sugar to a rich, thick mass, to which chopped nuts are sometimes added. These conserves are served with bread and butter, crackers,

meats, or simply as an accompaniment to luncheon or supper. They make delicious sweet sandwiches.

French Conserve is made of equal parts of strawberries, rhubarb, and pineapple. Slice the pineapple and pare the slices, cut the fruit in small dice, rejecting the hard core. Cut an equal quantity of tender rhubarb, without peeling, into dice of the same size and place over the fire without water to cook very gently. When quite soft, add the strawberries and cook till the latter are tender, then mash all the fruit well and add three fourths their quantity of sugar. Boil for half an hour very gently and add two ounces of almonds, blanched and shredded or chopped. Cook the conserve until very thick. Then pour into glasses. Seal when cold.

Pineapple Conserve. Peel and grate coarsely or run through the meat chopper three ripe pineapples and add to them the grated rind and pulp of two lemons and three oranges, rejecting the seeds. Cook together for half an hour, then add an equal quantity of sugar and boil gently till thick. Pour into glasses and seal when cold.

Tutti Frutti Conserve. Pare twenty-four ripe peaches, ten pears, fifteen blue plums, and cut the fruit in quarters. Add two pounds of white grapes, halved and freed from their seeds. Cook all together with an equal quantity of sugar until the syrup is thick and heavy, then pour into sterilized jars, and seal when cool.

Peach Conserve. Scald and pare four pounds of ripe peaches and cut in small pieces. Break a few of the peach pits and blanch the kernels, add these to the fruit, also a medium-sized pineapple, pared and chopped coarsely, one orange and one lemon grated and freed from the seeds. Mix the fruits and cook half an hour, then add one fourth of a pound of blanched and chopped almonds, and a pound of sultana raisins, also chopped. Measure the mixture and add three fourths the quantity of sugar. Simmer till thick and rich.

CHAPTER XXI

METHODS OF PREPARING FOOD MATERIALS

Methods of Preparing Food Materials
- Measuring
- Mixing
  - Stirring
  - Beating
  - Kneading
  - Folding and Cutting
- Rolling
- Molding
- Egg and Crumbing

No matter how fine or how costly the ingredients which compose it, no dish will be a success which is not properly put together. Unless the cook understands the meaning of the various terms used in cookery, she will not be able to combine her materials in a way that will produce satisfactory results.

The first essential to uniform good cookery is the knowledge of the proper methods of measurements. Old-fashioned housewives often accomplished wonderful results by guessing at quantities, but this was only after years of experience had enabled them to judge by the eye and to calculate approximately near the right amount. No one can say, however, just how many failures attended them while gaining this ability, and the present-day housewife will do

well to be guided by her recipes and measuring spoons and cups. These at least will insure uniform results, providing all other things are equal.

Even the scale which housewives of a generation ago considered an absolute necessity has given way to the cup and spoon method of measuring, and almost all recipes now prepared for American housewives are given in these measurements. A measuring cup of standard size holds exactly half a pint liquid measure, or half a pound of sugar or butter, or one fourth of a pound of flour. A standard tablespoon will hold half an ounce of sugar or butter; a standard teaspoon, sixty drops of liquid.

All measurements in this as well as in most other books on cookery are level measurements unless otherwise stated. Flour is always sifted before it is measured, and the cup is filled with a spoon, never dipped into the flour. Measuring spoons may be obtained in sets containing a tablespoon, half tablespoon, teaspoon, and half and quarter teaspoon. These are fastened together with a ring and are very convenient and practical. Measuring cups are marked to indicate halves, fourths, and thirds. Every kitchen should contain two of these cups, one for measuring dry ingredients, the other for liquids. This will save much time when one is baking or preparing a number of complicated dishes.

The following table of measurements will prove of help when a recipe which calls for weights instead of measurements is used:

4 cups of flour equal 1 pound.
2 cups of butter packed solid equal 1 pound.
½ cup of butter equals ¼ pound.
2 cups of granulated sugar equal 1 pound.
2½ cups of powdered sugar equal 1 pound.
8 eggs in shells equal 1 pound.
10 eggs after taken from shells equal 1 pound.
1 cup of shelled nut meats packed solid equals ½ pound.
1 pint of liquid equals 1 pound.
2 tablespoons of butter equal 1 ounce.
4 tablespoons of butter equal ¼ cup.
2 tablespoons granulated sugar equal 1 ounce.
1 tablespoon of liquid equals ½ ounce.

Mixing

After the materials have been selected and properly measured, the next step toward success in cookery is to combine them correctly. Mixing is a general term, which may mean stirring, beating, kneading, or folding and cutting, in accordance with the dish which is under preparation and the quality and texture of the materials which are to be used.

Stirring is the method in most general use. It consists in moving the ingredients round and round in a bowl or saucepan, using for the purpose a spoon, knife, spatula, or fork. Liquids which are in the process of cooking are stirred; thin batters are put together by this method; preserves, jams, cereals, sauces, and articles of similar nature are mixed by stirring.

Beating is the method by which eggs are made light, cakes mixed, gelatine desserts whipped, cream frothed, and various other products made ready

for adding to the dish which is under preparation. Beating is accomplished by means of a fork, wooden spoon, or an egg beater. If a fork or wooden spoon is used, it is passed from the bottom to the top of the mixture rapidly, then down again, and so on, turning the ingredients over and over until they are thoroughly mixed and a great deal of air has been forced into them. With an egg beater, if of the rotary kind, the wheels turn round and round, beating the mixture, combining it with the air, and making it light.

Folding and Cutting is the term usually applied to the manner in which eggs are added to cake batter or other light mixtures. Cream, when it is beaten stiff, is folded into the jelly or other dessert of which it is to form a part; egg whites are folded into a cake batter in this way; the eggs are beaten stiff and placed on the batter, the latter is cut with a spoon or knife to the bottom of the bowl, directly through the center. One half the mixture is turned lightly over the egg whites, then the batter is again cut through the center, and one half of it thrown over the other. This process is repeated until the mixtures are blended.

Kneading is applied to the manner in which doughs are made ready for baking. After the ingredients have all been placed in the mixing bowl and thoroughly blended either by beating or stirring, the mixture is turned out on the floured molding board with a spatula or broad-bladed knife. Then the

fingers are dipped in flour, and the dough is brought from the back of the board over that which is on the front. With the ball of the hand the dough is pressed downward and at the same time moved backward. Then the fingers are again used to bring the back of the dough over the front portion and again the ball of the hand presses it down. In this way a new portion of the dough is continually brought uppermost to meet the hand. This process is continued until the dough feels smooth and elastic. The dough should be turned half way round occasionally and dredged with a little flour if it becomes sticky and hard to manage. After a little experience it will seem an easy matter to knead a large quantity of dough. It should be remembered that when the dough has been kneaded sufficiently it will be smooth, fine-grained, and filled with minute air bubbles. Baking powder or soda-raised doughs should be kneaded very lightly and deftly, and the hand should just touch them. Heavy-handedness is not for them, though yeast-raised dough may be worked with more force.

Rolling

Rolling is a process which is separate and distinct from any other. It is used in making pies, cookies, biscuits, and various small cakes and tarts. In rolling pastry one should work quickly and deftly. The rolling pin should be moved in but one direction if possible, and should scarcely touch the paste.

Cookies, biscuits, and similar articles may be treated with less deference, but all rolling of doughs should be quickly and lightly accomplished.

Molding

Jellies, puddings, and various other dishes are frequently served very attractively by being placed in a mold, chilled, and then turned out on a platter. To mold successfully these or similar articles, the mold must be of heavy tin, very smooth on the inside, and allowed to soak in cold water for a short time before it is used. For very elaborate dishes, soak the mold in ice water at least half an hour before placing the mixture in it. Be careful that it stands perfectly level during the chilling process, and when ready to unmold, run a sharp knife all around the edge to the very bottom of the mold. Then turn over on a plate and strike the outside of the mold sharply with the palm of the hand, or, holding the plate and mold tightly together, shake them quickly. This will always insure success if the mold was wet thoroughly and very cold when the mixture was put into it. Dipping the mold in hot water for a moment is an excellent way to remove the contents. If it is employed, it should be merely dipped in the hot water and removed at once.

Egg and Crumbing

Croquettes, oysters, fish, and other articles which are cooked by the deep frying method are prepared

by dipping them in beaten egg and fine crumbs. This is a process which requires much care, for if it is not well done the crumbs will not stick, and when the frying is completed, bare spots will appear on the surface of the article, which will make it look ragged and unappetizing.

In the first place, very fine crumbs must be used, and these should be of bread rather than cracker crumbs. The crumbs should be sifted and those made from the crusts of the bread kept separate from the inside of the loaf. Delicate articles look better when only white crumbs are used for covering them; the brown crumbs made from the crusts will answer nicely for au gratin dishes.

The egg for dipping should be well beaten. The whole egg should be used, though the yolk or white alone will give fairly satisfactory results. The use of the white of the egg alone will cause a rather tough crust, while the yolk will not prove so effective in making the crumbs stick. A tablespoon of water may be added to each egg and strained with it, after beating both together. Spread the crumbs on a board and season them, then roll the articles in them and afterward in the egg. Sometimes the egg coating may be applied more easily with a paint brush, but however it is done, care must be taken to coat every portion of the surface with the egg. Then dip again in the bread crumbs, covering the articles well with them. When the last article has been dipped, the first will be ready for frying.

Chopped parsley or tarragon or chervil may be added to the crumbs for variation, or a small quantity of Parmesan cheese is sometimes added, and the crumbs are then termed Milanaise Crumbs.

Deviled Bread Crumbs. Season the article to be fried with salt, pepper, and paprika, and coat very thinly with mixed mustard before applying the beaten egg and bread crumbs.

Sweet Croquettes may be dipped in crumbs made from stale cake or lady fingers. Macaroon crumbs are also used for this purpose occasionally.

CHAPTER XXII

METHODS OF GARNISHING AND DECORATING

Methods of Garnishing and Decorating
- With Herbs, Vegetables, or Eggs
- With Pastry Bag and Tube
- With Fruits, Nuts, or Bonbons
- With Flowers
- With Paper Frills, Rosettes, or Collars

There are more than mere æsthetic reasons why foods should be made attractive to the eye. Dishes which tempt the appetite and cause the gastric juices to flow are more easily digested than those which are eaten merely because they are placed before one at meal time. That is why the invalid's tray is always made as dainty and neat as possible and why one endeavors to make a delicate child's food interesting to him, for a feeble appetite is often coaxed by the sight of a tastefully decorated dish, when it would have rejected absolutely food prepared and served in the ordinary manner.

To garnish a dish attractively adds almost nothing to its cost and makes it so much more pleasing in every way that the slight trouble it has required to place the bit of green or the slices of lemon or other decorations about it seems of little moment.

The simplest form of garnishing is the sprig of parsley placed on a chop or steak, or the lemon slice on the fish. From these to the elaborate decorations in sugar or aspic in which the chef takes such delight there are innumerable simple and attractive ways in which the value of even the most carefully prepared dish may be enhanced.

Edible garnishes are always best if they can be managed. The steak served in a wreath of water cress is made doubly valuable, for both meat and garnish may be eaten, and one complements the other perfectly. A dish of pork chops served on a bed of spaghetti in tomato sauce not only looks far more attractive, but the food value of the combination is about twice as great as though the chops had been served alone.

Small pickles sliced lengthwise and placed in a star on a meat loaf make a neat and tasty garnish. Hard-boiled eggs, the whites cut in slices and the yolks pressed through a sieve, add to the attractiveness of many a simple salad. Beets, green peppers, pimentos may be cut in fancy shapes with sharp knives or small vegetable cutters which come for this purpose, and make very pretty garnishes for boiled ham, salads, or other dishes.

White turnips of regular size, pared, hollowed into cups and boiled, then filled with green peas, lima beans, or with the part of the vegetable which was removed cut into dice, and dressed with Béchamel sauce, then topped with a disk of scarlet

pimento, make a very attractive and tempting garnish for a planked steak or a pot roast. Carrots may be cut in thick slices and treated in the same way.

Lemon slices cut very thin and dipped in finely chopped parsley are used in decorating fried, baked, or boiled fish. Sometimes a figure is cut from boiled or pickled beets and placed on each lemon slice after dipping in parsley.

Cream cheese balls also rolled in parsley are used effectively on salads.

Tiny croquettes of rice or hominy, fried a golden brown and flanked by cubes of currant jelly, add to the tempting appearance of roast or fried chicken or duck.

Toast cut in circles, diamonds, or strips makes an effective garnish for any creamed dish.

Ribbons of green pepper or pimento look well on salads or vegetable dishes, and lettuce leaves rolled tightly and cut into ribbons, which are then sprinkled about cold meat slices or salads of fruit or other vegetables, serve not only to make them more attractive, but also to provide a way in which the outer leaves of the lettuce may be utilized.

Tomato slices are served as a garnish to fried or baked fish or broiled chicken. Eggs are boiled hard, cut in eighths, and placed in the form of a star on a mound of spinach.

The whites of hard-boiled eggs, sliced thin and cut into any desired form with the vegetable cutter,

Courtesy of "Good Housekeeping"

POTATO SALAD, GARNISHED WITH SMALL PICKLES, PIMENTOS AND NUTS

Courtesy of "Good Housekeeping"

THE PASTRY BAG AND TUBES ARE USEFUL IN GARNISHING

and interspersed with pimento, beet, or green pepper look well as a salad or chafing dish garnish.

Radishes of the small, round, bright red variety, when cut into flower form, add to the attractiveness of a potato salad, or a dish of broiled chops or steak or chicken.

To form chrysanthemums, slice the radish very thin almost to the top, then cut across these slices in the same manner. Drop the radishes in ice water for an hour and they will open out in a form which will resemble the chrysanthemum.

Celery stalks cut in two-inch pieces, then fringed with a sharp knife at each end and placed in ice water to open, will also make neat decoration for a dish of cold meat or a salad.

The pastry bag and tube are useful in garnishing and decorating sweet dishes or cakes. Cream, whipped solid and sweetened, or left plain as desired, and forced through the tube in the shape of stars or roses, or as a border around molds of jelly, appears very tempting and adds to the daintiness and food value of the dish. The pastry bag may be purchased ready made, or it may be made at home. It should be of heavy duck in cornucopia shape, with an opening at the end large enough to permit the tube to be placed in it. Tubes are of tin and may be plain or in star shape. When forcing the cream or whatever material is to be used through it, hold the bag in the right hand and guide it in the desired direction, pressing gently with the left

hand to force the contents through the opening in the tube.

In making stars or roses, hold the bag in an upright position and force a small quantity of the contents straight down through the star tube. Then press the tube sharply into the very center of the flower and remove it quickly.

Mashed potatoes forced through the tube about a planked steak or chicken, or spinach, squash, or any other vegetable used as a border for a meat dish by forcing it through the tube will add to both the appetizing qualities and appearance of the dish.

Mayonnaise, made very stiff, may be so treated to ornament a salad; meringues forced through the tube will decorate a pie, pudding, or a baked apple very daintily. Iced cakes are also ornamented by forcing stiff icing through the pastry tube in any form of decoration desired.

Fresh flowers are often used for ornamenting creams, jellies, custard, or blancmanges. A mold of blancmange chilled thoroughly, then turned out on a lace paper doily and having a sweet pea or two placed at the side will make a tempting dessert for a summer luncheon. A green leaf or a bit of fern may also be used occasionally with good effect.

Candied fruit is also effective when arranged neatly on frosted, iced cakes, cookies, puddings, or other desserts. Cherries make the most easily managed fruit, though angelica soaked in boiling water and

then cut in any desired form is also attractive, and citron sliced very thin and cut with the vegetable cutters into stars, disks, hearts, or flowers adds to the delectable appearance of small cakes.

Blanched almonds, halved walnuts, pecans, or chopped peanuts are used as garnishes on cakes and sweet dishes. To blanch the almonds or walnuts, place the meats in a saucepan of cold water and bring rapidly to the boiling point. Then drain and plunge into cold water. Rub the walnuts between coarse towels, and slip the almond skins from them with the fingers. These nut meats may be placed in geometrical figures, in rows, or as preferred on chocolate or mocha iced cakes, or they may be arranged on the cake batter just before placing it in the oven. Chopped nut meats sprinkled thickly over a coffee cake or braid before baking give a very dainty appearance to the finished product.

Candies or bonbons are sometimes placed on cakes or sweet dishes as decorations, and this is a very good idea when a color scheme is to be carried out. Halved marshmallows may be used to decorate a simple pudding or a meringue, or they may be arranged symmetrically on an iced cake.

Paper frills, paper rosettes, and paper collars and doilies are sold in many of the shops which deal in housefurnishing supplies. These little accessories dress the dishes on which they are used very neatly and effectively. The frills are made to fit ham bones,

or to be placed on the ends of chops or on the drum sticks of chickens or turkeys; they are adjusted just before serving and are usually supplemented with a sprig of parsley, water cress, or the green tops from celery.

Paper rosettes placed in the ends of croquettes, or in an upright position in individual soufflés or custards present a very neat appearance and are both inexpensive and easily arranged.

Paper collars are placed about pudding dishes, pie plates, scalloped oysters, or any dish which is taken from the oven directly to the table. These collars may be had in various sizes to fit the small ramekin or the large pudding dish.

If the housewife is possessed of imagination and originality, two most essential qualities in a cook, she will be able to make almost any dish attractive with the materials that are to be found in every kitchen. A dash of paprika on a dish of mashed potatoes, or cinnamon and sugar scattered over the surface of a cake before it is baked, or a leaf or two from a geranium or some other plant in the kitchen window, will transform the simplest dish into one which is both dainty and tempting.

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